



## St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The Twelfth Sunday after Pentecost

August 15, 2021 8:00 AM SERVICE

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

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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.*

### Canticle Q

A Song of Christ's Goodness

*Anselm of Canterbury*

*Jesus, as a mother you gather your people to you; \*  
you are gentle with us as a mother with her children.  
Often you weep over our sins and our pride, \*  
tenderly you draw us from hatred and judgment.  
You comfort us in sorrow and bind up our wounds, \*  
in sickness you nurse us and with pure milk you feed us.  
Jesus, by your dying, we are born to new life; \*  
by your anguish and labor we come forth in joy.  
Despair turns to hope through your sweet goodness; \*  
through your gentleness, we find comfort in fear.  
Your warmth gives life to the dead, \*  
your touch makes sinners righteous.  
Lord Jesus, in your mercy, heal us; \*  
in your love and tenderness, remake us.  
In your compassion, bring grace and forgiveness, \*  
for the beauty of heaven, may your love prepare us.*

### Collect of the Day

Celebrant: *God be with you*

People: *And also with you.*

Celebrant: *Let us pray.*

All: *Divine love, undaunted by death and fear, who went to the depths to bring back life: in the power of the cross shape a people of service, breaking bread for a hungry world; through Jesus Christ, the true food. Amen.*

## **Proverbs 9:1-6**

— *A reading from the book of Proverbs*

Wisdom has built her house, she has hewn her seven pillars. She has slaughtered her animals, she has mixed her wine, she has also set her table. She has sent out her servant-girls, she calls from the highest places in the town, “You that are simple, turn in here!” To those without sense she says, “Come, eat of my bread and drink of the wine I have mixed. Lay aside immaturity, and live, and walk in the way of insight.”

—*Hear what the Spirit is saying to God’s People.*

## **Psalm 34:9-14**

Live in awe of God, you saints: you will want for nothing.  
Even if lions go hungry, those seeking God are fed.

Come to me, children liste: learn to cherish the Lord.  
Do you long for life, for time to enjoy success?

Keep your tongue from evil, keep lies far from your lips.  
Shun evil, go after good, press on, seek after peace.

The Psalter © 1994 Liturgy Training Publications

## **Ephesians 5: 15-20**

— *A reading from the Letter to the Ephesians*

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

— *Hear what the Spirit is saying to God’s People.*

## **John 6:51-58**

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

People: *Praise and Glory to God.*

Jesus said, “I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. 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.”

Gospeller: This is the Gospel of Christ.

People: *Praise to Christ the Word*

~ ~ ~ **Reflections on the Readings** ~ ~ ~

## Prayers of the People

Heavenly father, you have shown us the way of life, help us to walk in your ways and to do your will. We pray for all who are dedicating their lives to you; for the newly baptized and recently confirmed, for all who are seeking and enquiring about their faith. Guide all prayer groups and Bible studies. We pray for hymn-writers, musicians and choirs. Lord, may we sing your praises. ***And make music in our hearts to you.***

Direct all who beautify our world by their talents, all who improve our world by their actions. We pray for artists, architects and planners, for park-keepers and gardeners, all horticulturalists. Bless all actors, singers and dancers, all entertainers. Lord, may we sing your praises. ***And make music in our hearts to you.***

We give you thanks for the gifts you have given to us. We pray for a sharing of talents in our communities, for your blessing on all counselors and group leaders. Bless our homes and loved ones with your joy and peace. Lord, may we sing your praises. ***And make music in our hearts to you.***

Lord, bring light to all who live in darkness and hatred. We pray for all caught up in bitterness or evil thoughts, all who are tempted to do criminal acts or lead others astray. We pray for all who are in sickness or in trouble, for all who mourn and all who are sad. We pray especially for 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, may we sing your praises. ***And make music in our hearts to you.***

We rejoice with all who praise you in the glory of your kingdom. We sing your praises with angels and archangels and all the company of heaven. We pray for loved ones departed. Lord, may we sing your praises. ***And make music in our hearts to you.***

*Holy one, we give you thanks for all that you have done for us, for life and the love that you bestow upon us. Lord make us mindful of your gifts, that we may be content and grateful, giving our love and lives to you all our days; through Jesus Christ our Lord, who lives and reigns with you, 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.***

[You are invited to make your offering at: <http://www.stbenslososos.org/support-us/> ]

## **The Holy Eucharist**

EOW 2

Celebrant **The Lord be with you.**  
People ***And also with you.***  
Celebrant **Lift up your hearts.**  
People ***We raise our hearts to God.***  
Celebrant **Let us thank the giver of life.**  
People ***It is right to give our thanks and praise.***

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

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

All: ***Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the one who comes in the name of the Lord.  
Hosanna in the highest.***

Celebrant **Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.**

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said:

“Take, eat: This is my Body, which is given for you.  
Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said:

“Drink this, all of you: This is my Blood of the new Covenant,  
which is poured out for you and for all for the forgiveness of sins.  
Whenever you drink it, do this for the remembrance of me.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with the Blessed Virgin Mary, Blessed Benedict, and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

All                    *Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise,  
for ever and ever. AMEN.*

## **The Lord's Prayer**

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.*

## **The Breaking of the Bread**

The celebrant breaks the consecrated bread.

A period of silence is kept.

Celebrant: We break this bread to share in the Body of Christ.

People: *We who are many are one body,  
for we all share in the one bread.*

## **Holy Communion**

The Gifts of God for the People of God.

*(We pause for a moment of silence together before joining in our final prayer.)*

All: *God of glory, you nourish us with your Word who is the bread of life:  
fill us with your Holy Spirit that through us the light of your glory  
may shine in all the world. We ask this in the name of Jesus Christ  
our Lord. Amen.*

*Oremus.org*

## **The Blessing**

May God keep you in all your days.  
May Christ shield you in all your ways.  
May the Spirit bring you healing and peace.  
May God the Holy Trinity drive all darkness from you  
and pour upon you blessing and light  
now and always.  
*Amen.*

*Oremus.org*

## **Announcements**

## **The Dismissal**

Alleluia, Alleluia!  
Let us go forth into the world, rejoicing in the power of the Spirit.  
*Thanks be to God. Alleluia, Alleluia!*

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Today's Eucharist Liturgy is from  
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