



## St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The 13th Sunday after Pentecost

August 22, 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: *Offensive God; refusing our religion of sacrifice and power: find us in our wandering, speak to us the word of life, liberate our violent hearts and let us stay with you; through Jesus Christ, the only one of God. Amen.*

## **Joshua 24:1-2a, 14-18**

— *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.”

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

## **Psalm 34:15-22**

God confronts the wicked to blot them out for ever,  
but turns toward the just to hear their cry for help.

The troubled call out; God hears,  
saves them from all distress.

God stays near broken hearts,  
heals the wounded spirit.

The good endure great trials, but God comes to their rescue  
and guards their every bone so not one is broken.

Evil kills its own kind,  
dooms the wicked to death.

God saves those who keep faith;  
no trusting soul is doomed.

The Psalter © 1994 Liturgy Training Publications

## **Ephesians 6: 10-20**

— *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.

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

## **John 6: 56-69**

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

People: ***Praise and Glory to God.***

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: This is the Gospel of Christ.

People: ***Praise to Christ the Word***

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

## **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.***

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

## **The Holy Eucharist**

Eucharistic Prayer 3, EDW

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

Celebrant        All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey.

And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

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 are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you.  
Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

Drink this, all of you:  
this cup is the new Covenant in my Blood,  
poured out for you and for all for the forgiveness of sin.  
Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ’s coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All:                ***Dying, you destroyed our death.  
Rising, you restored our life.  
Christ Jesus, come in glory!***

Celebrant: Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with the blessed virgin Mary, blessed Benedict, and all your people into the joy of our true eternal home.

All: *Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for ever. AMEN.*

### **The Lord's Prayer**

As our Savior Christ teaches 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.

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.

A period of silence is kept before joining in our final prayer.

*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**

### **The Dismissal**

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

Today's Eucharist Liturgy is from  
"Enriching Our Worship" Supplemental Liturgical Materials  
prepared by The Standing Liturgical Commission of the Episcopal Church  
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