

St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The 14th Sunday after Pentecost

August 29, 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: "Spirit of God, Descend upon My Heart"

Frederick Atkinson, arr. Lloyd Larson

© 1998 Hope Publishing Company

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

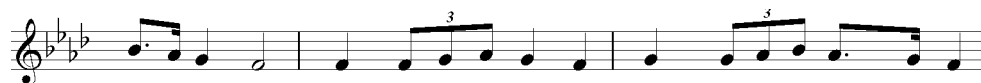
"Thy Strong Word"

H 381

(The people may sing softly.)



1 Thy strong word did cleave the dark - ness; at thy speak - ing
2 Lo, on those who dwelt in dark - ness, dark as night and
3 Thy strong word be - speaks us right - eous; bright with thine own
4 God the Fa - ther, Light - Cre - a - tor, to thee laud and



it was done; for cre - at - ed light we thank thee,
deep as death, broke the light of thy sal - va - tion,
ho - li - ness, glo - rious now, we press toward glo - ry,
hon - or be; to thee, Light of Light be - got - ten,



while thine or - dered sea - sons run: Al - le - lu - ia, al - le -
breathed thine own life - giv - ing breath: Al - le - lu - ia, al - le -
and our lives our hopes con - fess: Al - le - lu - ia, al - le -
praise be sung e - ter - nal - ly; Ho - ly Spi - rit, Light - Re -



lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
veal - er, glo - ry, glo - ry be to thee; mor - tals, an - gels,



al - le - lu - ia! Al - le - lu - ia with - out end!
al - le - lu - ia! Al - le - lu - ia with - out end!
al - le - lu - ia! Al - le - lu - ia with - out end!
now and ev - er praise the Ho - ly Tri - ni - ty.

The Alleluias in stanzas 1-3 may be sung antiphonally.

Collect of the Day

Celebrant: The Lord be with you.

People: ***And also with you.***

Celebrant: Let us pray together.

All: ***Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.***

James 1:17-27

Lector: *A reading from the letter of James*

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

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

People: ***Thanks be to God***

Gospel Hymn

“*Celtic Alleluia*”

G 258

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

Al - le - lu - ia, al - le - lu - ia!

Al - le - lu - ia, al - le - lu - ia!

Mark 7:1-8, 14-15, 21-23

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

People: *Glory to You, Lord Christ.*

When the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines. You abandon the commandment of God and hold to human tradition.'" Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile." For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

Gospeller: The Gospel of Christ.

People: *Praise to You, Lord Christ.*

The Sermon

The Rev. Susan Plucker

(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 - A Litany for Healing

EOW2

Let us name before God those for whom we offer our prayers, starting with those in the bidding book...

(Prayers from the bidding book are read.

The people may add additional prayers silently or aloud.)

God the Father, your will for all people is health and salvation;

We praise you and thank you, O Lord.

God the Son, you came that we might have life, and might have it more abundantly;

We praise you and thank you, O Lord.

God the Holy Spirit, you make our bodies the temple of your presence;

We praise you and thank you, O Lord.

Holy Trinity, one God, in you we live and move and have our being;

We praise you and thank you, O Lord.

Lord, grant your healing grace to all who are sick, injured, or disabled,
that they may be made whole;

Hear us, O Lord of life.

Grant to all who seek your guidance, and to all who are lonely, anxious,
or despondent, a knowledge of your will and an awareness of your presence;

Hear us, O Lord of life.

Mend broken relationships, and restore those in emotional distress
to soundness of mind and serenity of spirit;

Hear us, O Lord of life.

Bless physicians, nurses, and all others who minister to the suffering,
granting them wisdom and skill, sympathy and patience;

Hear us, O Lord of life.

Grant to the dying peace and a holy death, and uphold by the grace and
consolation of your Holy Spirit those who are bereaved;

Hear us, O Lord of life.

Restore to wholeness whatever is broken by human sin, in our lives,
in our nation, and in the world;

Hear us, O Lord of life.

You are the Lord who does wonders:

You have declared your power among the peoples.

With you, O Lord, is the well of life:

And in your light we see light.

Hear us, O Lord of life:

Heal us, and make us whole.

Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.

Confession of Need

Celebrant Let us confess our need for God's healing grace.

All

***Compassionate God,
we confess our weaknesses and our need for your strengthening touch.
We confess that some illnesses stem from our own fault,
while others are beyond our control.
We turn to you, source of life,
and ask in the name of our Savior Jesus Christ
for the gifts of true healing and life in you. Amen***

Celebrant

May the God of love visit you in your times of trial and weakness, and raise you to newness of life, through Jesus Christ, in the power of the Holy Spirit.
Amen.

Prayers for Healing

The ministry of Jesus invites us to new life in God and with each other. We proclaim the Good News that God desires us to be healthy and one in the body of Christ. And so we offer ourselves, whatever our sickness of spirit, mind, or body, and ask for healing and wholeness in the Name of the holy and undivided Trinity.

*(Remaining at your seat, you are invited to pray for healing
for yourself, each other, and the planet.)*

A period of silence is kept before joining in the Hymn.

Hymn

“Heal Me, Hands of Jesus”

WLP 773

(The people may sing softly.)

1. Heal me, hands of Je-sus, and search out all my pain: re -
2. Cleanse me, blood of Je-sus, take bit - ter-ness a - way; let
3. Know me, mind of Je-sus, and show me all my sin; dis -
4. Fill me, joy of Je-sus: anx - i - e - ty shall cease and

store my hope, re - move my fear and bring me peace a - gain.
me for - give as one for-given and bring me peace to - day.
pel the mem - o - ries of guilt, and bring me peace with - in.
heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

The musical score is written in 4/4 time with a key signature of one flat (Bb). It features a vocal line and a piano accompaniment. The piano part consists of a right-hand melody and a left-hand bass line. The lyrics are placed below the vocal line, with some words split across lines. The score ends with a double bar line.

Words: Michael Perry © 1982, 1989, Hope Publishing Co.
Music: Sharpe, Carl Haywood © 1997 Carl Haywood

Let us pray together:

***Generous God,
we give you thanks for your beloved Jesus Christ,
in whom you have shared the beauty and pain of human life.
Look with compassion upon all for whom we pray,
and strengthen us to be your instruments of healing in the world,
by the power of the Holy Spirit. 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 Music: "Like a River Glorious"

James Mountain (1876), Arr. Anna Laura Page

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Holy Eucharist

EOW 2

(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

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 sing:

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.

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:

*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.*

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.

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: "Worthy" Todd Beaney © 2018 Lorenz Publishing Co.

Communion Hymn "Precious Lord Take My Hand"

WLP 800

(The people may sing softly.)

1. Pre - cious Lord, take my hand, lead me on, let me
 2. When my way grows drear, pre - cious Lord, lin - ger
 3. When the dark - ness ap - pears and the night draws

stand, I am tired, I am weak, I am worn; _____
 near, when my life is al - most gone; _____
 near, and the day is past and gone; _____

— through the storm, through the night, lead me on to the
 — hear my cry, hear my call, hold my hand, lest I
 — at the riv - er I stand, guide my feet, hold my

light, take my hand, pre - cious Lord, lead me on. _____
 fall, take my hand, pre - cious Lord, lead me on. _____
 hand, take my hand, pre - cious Lord, lead me on. _____

Words & Music: Thomas A. Dorsey © 1938 by Unichappell Music, Inc.

(We pause for a moment of silence together)

*Most loving God, creator and redeemer,
we give you thanks for this foretaste of your glory.
Through Christ, and with all your saints,
we offer ourselves and our lives to your service.
Send us out in the power of your Spirit,
to stand with you in your world.
We ask this through Jesus Christ, the servant,
our friend and brother. Amen.*

New Zealand Prayer Book

The Blessing

May we who have been touched by the Word made flesh be his body for the world, his hands to bring blessing, his senses to glory, in the promise of creation restored; and may the blessing of God: Father, Son, and Holy Spirit, be with you and remain with you always. *Amen*

Prayers for an Inclusive Church © 2009 Church Pub. Co.

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!

Postlude: *"Along the King's Highway"* Lani Smith © 2015 Lorenz Publishing Co.

Ministers of the Service

Celebrant:	The Rev. Susan Plucker
Eucharistic Minister:	Michael Lucas
Altar Guild:	Pat Stoneman
Lector:	Alan Kiste
Piano:	David Alm
Ushers:	Maureen Titus & Connie Weldon
Flowers:	Sarah Chesebro

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