



## St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The 14th Sunday after Pentecost

August 29, 2021 8:00 AM SERVICE

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

---

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: *God of unclean hands, touching those rejected by the world, despised by the religious: guide us from false purity which hides misshapen hearts; lead us to the joyful feast in which all are renewed; through Jesus Christ, the beauty of God's face. Amen.*

## **Deuteronomy 4:1-2, 6-9**

— *A reading from Deuteronomy*

Moses said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the Lord your God with which I am charging you. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, “Surely this great nation is a wise and discerning people!” For what other great nation has a god so near to it as the Lord our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children’s children.

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

## **Psalm 15**

Lord, who is welcome in your house?  
Who can rest on your holy mountain?  
Those who walk with integrity and do only what is right,  
speaking the truth with courage.  
They never spread slander or abuse their friends  
or condemn their neighbors.  
They disdain the godless,  
but honor those who believe.  
Before God, they give their word  
and keep it at any cost.  
They neither lend for gain  
nor take bribes against the guiltless.  
These are the just:  
they stand for ever unshaken.

The Psalter © 1994 Liturgy Training Publications

## **James 1:17-27**

— *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.

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

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

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

People: *Praise and Glory to God.*

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: This is the Gospel of Christ.

People: *Praise to Christ the Word*

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

#### **Prayers of the People**

Holy God, make us holy; give us power to resist evil, give us strength to do what is right. Lord, make us a generous people, a hospitable people. We pray for the church working in areas of hatred, where Christians are facing hostility and violence, where to become a Christian is to risk loss and rejection. Holy and Strong One, *hear our prayer.*

Protect, O Lord, all who are working for liberty and freedom, all who are risking their lives for justice and peace. We pray for all peace-makers and peace-keepers, for all who seek to reconcile divided communities or peoples. Holy and Strong One, *hear our prayer.*

God of love, we pray for all homes where love has grown cold, for all people where life has become dull routine, for all who are bored or tired of life, for all betrayed by a loved one or friend: that we may never take anyone for granted, and that we may not misuse the power and freedom we have. Holy and Strong One, *hear our prayer.*

We pray for all who have become bankrupt or are in great debt; we remember the world's poor, all being treated with contempt, all who have nothing to call their own. We pray for all

who have suffered from a heart attack or stroke, all with CoVid, all who are on a life-support machine, all who are struggling to survive. We pray for all 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.]

Holy and Strong One, *hear our prayer.*

Bless our loved ones departed who are renewed and restored to the fullness of life and are inheritors with the saints in light; may we share with them in the glory that is to come.

Holy and Strong One, *hear our prayer.*

Celebrant: *Make clean our hearts, O God, and renew a right spirit within us, that we may seek to serve you in joy and gladness and bring others into the glory of your love; through Jesus Christ our Lord, who is alive 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: **T**he 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

NZPB

The Lord is here.

*God's Spirit is with us.*

Lift up your hearts.

*We lift them to the Lord.*

Let us give thanks to God.

*It is right to offer thanks and praise.*

It is right indeed, it is our joy and our salvation, holy Lord, all-compassionate and everlasting God, at all times and in all places to give you thanks and praise through Christ your only Son.

You are the source of all life and goodness; through your eternal Word you have created all things from the beginning and formed us in your own image; uniquely human you created each of us.

When we sinned and turned away you called us back to yourself and gave your Son to share our human nature.

By his death on the cross, he made the one perfect sacrifice for the sin of the world and freed us from the bondage of sin.

You raised him to life triumphant over death; you exalted him in glory.

In him you have made us a holy people by sending upon us your holy and life-giving Spirit.

Therefore with the faithful who rest in him, with angels and archangels and all the company of heaven, we proclaim your great and glorious name, forever praising you and saying:

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.*

All glory and thanksgiving to you, Holy Father;  
on the night before he died your Son, Jesus Christ, took bread;  
when he had given you thanks, he broke it, gave it to his disciples, and said:

Take, eat, this is my body  
which is given for you; do this to remember me.

After supper he took the cup; when he had given you thanks,  
he gave it to them and said:

Drink this, all of you,  
for this is my blood of the new covenant  
which is shed for you and for all  
for the forgiveness of sins;  
do this as often as you drink it, to remember me.

***Glory to you, Lord Christ; your death we show forth;  
your resurrection we proclaim; your coming we await;  
Amen! Come Lord Jesus***

Therefore loving God, recalling your great goodness to us in Christ,  
his suffering and death, his resurrection and ascension,  
and looking for his coming in glory, we celebrate our redemption  
with this bread of life and this cup of salvation.

Accept our sacrifice of praise and thanksgiving  
which we offer through Christ our great high priest.

Send your Holy Spirit that these gifts of bread and wine which we receive  
may be to us the body and blood of Christ,  
and that we, filled with the Spirit's grace and power,  
may be renewed for the service of your kingdom.

United in Christ with all who stand before you in earth and heaven,  
we worship you, O God, in songs of everlasting praise.

***Blessing, honor and glory be yours,  
here and everywhere,  
now and forever. 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.

*(The consecrated bread will be distributed to you individually, that you may consume it.  
The cup of consecrated wine will be held before you, that you may receive it with your eyes.)*

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

*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**

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 Eucharistic Liturgy is from the Prayer Book for  
The Anglican Church in Aotearoa, New Zealand and Polynesia © 1989