



# St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

The 20th Sunday after Pentecost

October 10, 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: "Joyful, Joyful, We Adore Thee"

Ludwig Van Beethoven, Arr. by Faye Lopez

2011 Lorenz Publishing Co.

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

People: *And blessed be God's kin-dom, now and for 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

"We Will Extol You"

H-404

1 We will ex - tol you, ev - er - bless - ed Lord; your ho - ly  
2 Age shall to age pass on the end - less song, tell - ing the  
3 You, Lord, are gra - cious, mer - ci - ful to all, close to your

Name for ev - er be a - dored; each day we live our  
won - ders which to you be - long, your might - y acts with  
chil - dren when on you they call; and slow to an - ger,

psalm to you we raise; you, God and King, are wor - thy of all  
joy and fear re - late; praise we your glo - ry while on you we  
mer - ci - ful and kind, in your com - pas - sion we your bless - ings

praise, great and un - search - a - ble in all your ways.  
wait, glad in the know - ledge of your love so great.  
find. We love you with our heart and strength and mind.

*The first stanza may be repeated at the end.*

## Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

## Amos 5:6-7,10-15

Lector: *A reading from the first book of the prophet Amos.*

Seek the Lord and live, or he will break out against the house of Joseph like fire, and it will devour Bethel, with no one to quench it. Ah, you that turn justice to wormwood, and bring righteousness to the ground! They hate the one who reproves in the gate, and they abhor the one who speaks the truth. Therefore, because you trample on the poor and take from them levies of grain, you have built houses of hewn stone, but you shall not live in them; you have planted pleasant vineyards, but you shall not drink their wine. For I know how many are your transgressions, and how great are your sins—you who afflict the righteous, who take a bribe, and push aside the needy in the gate. Therefore the prudent will keep silent in such a time; for it is an evil time. Seek good and not evil, that you may live; and so the Lord, the God of hosts, will be with you, just as you have said. Hate evil and love good, and establish justice in the gate; it may be that the Lord, the God of hosts, will be gracious to the remnant of Joseph.

Lector: *The word of the Lord.*

People: *Thanks be to God*

## Psalm 90:12-17

[chanted]

S414



© 1979, Robert Knox Kennedy.

- A      So teach us to number our /days \*  
          that we may apply our hearts to /wisdom.
- B      Return, O Lord; how long will you /tarry? \*  
          be gracious to your /servants.
- A      Satisfy us by your loving-kindness in the /morning; \*  
          so shall we rejoice and be glad all the days of our /life.
- B      Make us glad by the measure of the days that you af/flicted us \*  
          and the years in which we suffered ad/versity.

- A Show your servants your /works \*  
and your splendor to their /children.
- B May the graciousness of the Lord our God be up/on us; \*  
prosper the work of our hands; prosper our /handiwork.

## Hebrews 4:12-16

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

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Lector: *The word of the Lord.*

People: *Thanks be to God*

## Gradual Hymn

“Help Us O Lord”

H-628



1 Help us, O Lord, to learn the truths your word im - parts: to  
2 Help us, O Lord, to live the faith which we pro - claim, that  
3 Help us, O Lord, to teach the beau - ty of your ways, that

stu - dy, that your laws may be in - scribed up - on our hearts.  
all our thoughts and words and deeds may glo - ri - fy your Name.  
yearn - ing souls may find the Christ and live a life of praise.

Words: Wm Watkins Reid, Jr, © 1959 Hymnal Society of America  
Music: *St. Ethelwald*, Wm. Henry Monk. Public Domain

## Mark 10:17-31

Gospeller: The Holy Gospel of our Lord Jesus Christ According to Mark.

People: *Glory to You, Lord Christ.*

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, “Good Teacher, what must I do to inherit eternal life?” Jesus said to him, “Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness;

You shall not defraud; Honor your father and mother.” He said to him, “Teacher, I have kept all these since my youth.” Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” When he heard this, he was shocked and went away grieving, for he had many possessions. Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” They were greatly astounded and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.” Peter began to say to him, “Look, we have left everything and followed you.” Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.”

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

## The Sermon

*The Rev. Brian Stein-Webber*

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

## Nicene Creed

*Let us stand and join in the Affirmation of our Faith*

All: *We trust in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We trust in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.*

*We trust in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We trust in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen*

## **Prayers of the People**

BCP Form III

*The Leader and People pray responsively*

Father, we pray for your holy catholic church;  
*That we all may be one.*

Grant that every member of the Church may truly and humbly serve you;  
*That your Name may be glorified by all people.*

We pray for all bishops, priests, and deacons;  
*That they may be faithful ministers of your Word and Sacraments.*

We pray for all who govern and hold authority in the nations of the world;  
*That there may be justice and peace on the earth.*

Give us grace to do your will in all that we undertake;  
*That our works may find favor in your sight.*

Have compassion on those who suffer from any grief or trouble;  
*That they may be delivered from their distress.*

Give to the departed eternal rest;  
*Let light perpetual shine upon them.*

We praise you for your saints who have entered into joy;  
*May we also come to share in your heavenly kingdom.*

Let us pray for our own needs and those of others.  
*[Prayers are read from the bidding book; additional prayers may be added.]*

*Lord, hear the prayers of your people; and what we have asked faithfully, grant that we  
may obtain effectually, to the glory of your Name, through Jesus Christ, our Lord. Amen.*

## **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 Music: "He Leadeth Me"**

William B Bradbury, Arr. Larry Shackley

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## **The Holy Eucharist**

BCP B

*( 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***

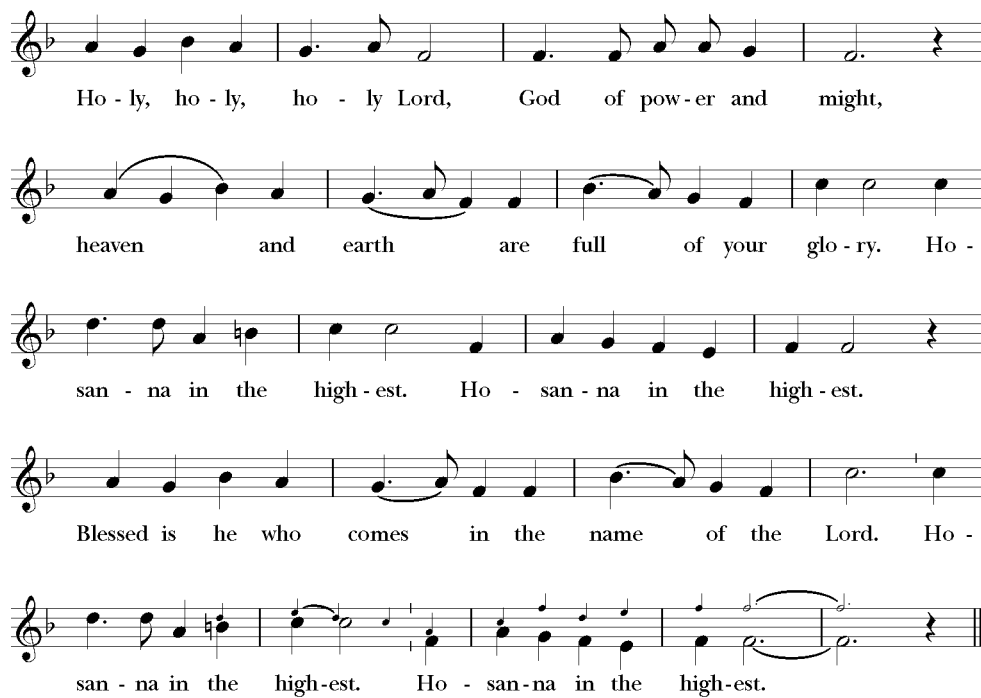
H400

Celebrant    The Lord be with you.  
People        ***And also with you.***  
Celebrant    Lift up your hearts.  
People        ***We 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.***

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. For by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

## Sanctus

S125



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
heaven and earth are full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na in the high - est.  
Blessed is he who comes in the name of the Lord. Ho -  
san - na in the high - est. Ho - san - na in the high - est.

Music Setting: *A Community Mass*; Richard Proulx © 1977 GIA Publications, Inc.

### *The Celebrant Continues*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said,

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

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

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

Therefore, according to his command, O Father,

***We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;***

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Blessed Mary, Blessed Benedict and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

*By him, and with him, and in him, in the unity of the Holy Spirit  
all honor and glory is yours, Almighty Father, now and for ever. AMEN.*

## The Lord's Prayer

*And now, as our Savior Christ has taught us, we are bold to say,*

*Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.*

## The Breaking of the Bread

*The celebrant breaks the consecrated bread.*

*A period of silence is kept*

S-170

The musical score is written on five staves. The first staff is the Antiphon, marked 'Antiphon Cantor; then All', with the lyrics 'Who - ev - er eats this bread will live for ev - er.' The second staff is the Cantor's response, marked 'Cantor', with the lyrics '1. This is the true bread which comes down from hea - ven'. The third staff continues the Cantor's response, marked 'Cantor', with the lyrics 'and gives life to the world.' followed by a double bar line and '[Ant.] 2. Who - ev - er'. The fourth staff continues the Cantor's response, with the lyrics 'believes in me shall not hun - ger or thirst, for the bread'. The fifth staff concludes the Cantor's response, with the lyrics 'which I give for the life of the world is my flesh.' followed by a double bar line and '[Ant.]'.

Antiphon  
Cantor; then All

Who - ev - er eats this bread will live for ev - er.

Cantor

1. This is the true bread which comes down from hea - ven

Cantor

and gives life to the world. [Ant.] 2. Who - ev - er

believes in me shall not hun - ger or thirst, for the bread

which I give for the life of the world is my flesh. [Ant.]

Music: © 1983 Mason Martens



Celebrant: Alleluia. Christ our Passover is sacrificed for us;  
People: *Therefore let us keep the feast. Alleluia.*

## Holy Communion

Celebrant: 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.

*(As your group is called forward, please spread out to widen the circle and increase safe social distancing.)*

*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.)*

### Communion Music: "I Need Thee Every Hour"

Robert Lowry, piano setting by Anna Laura Page 2021 Lorenz Publishing Co.

## Communion Hymn

"O Jesus I Have Promised"

H655

1 O Je - sus, I have prom-ised to serve thee to the end:  
2 O let me hear thee speak-ing in ac - cents clear and still,  
3 O Je - sus, thou hast prom-ised to all who fol - low thee,

be thou for ev - er near me, my Mas - ter and my friend;  
a - bove the storms of pas-sion, the mur-murs of self - will;  
that where thou art in glo - ry there shall thy ser - vant be;

I shall not fear the bat - tle, if thou art by my side,  
O speak to re - as - sure me, to has - ten or con - trol;  
and, Je - sus, I have prom - ised to serve thee to the end;

nor wan - der from the path - way, if thou wilt be my guide.  
O speak, and make me lis - ten, thou guard-ian of my soul.  
O give me grace to fol - low, my Mas - ter and my friend.

Words: John Ernest Bode (1816-1874), alt. Music: *Nyland*, Finnish folk melody; adapt. and harm. David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

*(We pause for a moment of silence together)*

All:

*Eternal God, heavenly Father,  
You have graciously accepted us  
as living members of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.*

## The Blessing

May the grace of Our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all and remain with you always. *Amen.*

## Announcements

## Final Hymn

*“Joyful, Joyful, We Adore Thee”*

H-376

1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;  
2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,  
3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,

hearts un - fold like flowers be - fore thee, prais - ing thee, their sun a - bove.  
stars and an - gels sing a - round thee, cen - ter of un - bro - ken praise.  
well - spring of the joy of liv - ing, o - cean - depth of hap - py rest!

Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;  
Field and for - est, vale and moun - tain, bloom - ing mea - dow, flash - ing sea,  
Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;

giv - er of im - mor - tal glad - ness, fill us with the light of day.  
chant - ing bird and flow - ing foun - tain, call us to re - joice in thee.  
teach us how to love each o - ther, lift us to the joy di - vine.

## **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: "Be Thou My Vision"**

SLANE Traditional Irish Melody, Arr. by Larry Shackley      2001 Hope Publishing Co

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## **Ministers of the Service**

Celebrant:	The Rev. Brian Stein-Webber
Eucharistic Minister:	Berkeley Johnson
Lector:	Bryson McKelvey
Piano:	David Alm
Ushers:	Connie Weldon & Maureen Titus
Altar Guild:	Lorienne Schwenk
Flowers:	Sharon Porter
Prayer Team:	Louisa Beeler
Teller:	Bryson McKelvey

Today's Eucharist Liturgy is  
Eucharistic Prayer B from the Book of Common Prayer  
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