

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

St. Benedict Observed

July 17, 2022

—8 a.m. 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 are you, holy and living One,

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: *Everlasting God, we give you thanks for the purity and humility with which you endowed your servant Benedict: Grant us grace, in union with his example and prayers, to hallow and conform our souls and bodies to the purpose of your most holy will; through Christ our Lord.*

### **Proverbs 2:1-9**

**M**y child, if you accept my words and treasure up my commandments within you, making your ear attentive to wisdom and inclining your heart to understanding; if you indeed cry out for insight, and raise your voice for understanding; if you seek it like silver, and search for it as for hidden treasures-- then you will understand the fear of the Lord and find the knowledge of God. For the Lord gives wisdom; from his mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk blamelessly, guarding the paths of justice and preserving the way of his faithful ones. Then you will understand righteousness and justice and equity, every good path.

—*Hear What the Spirit is Saying to God's People.*

### **Psalm 1**

If you would be happy; never walk with the wicked,  
never stand with sinners, never sit among cynics,  
but delight in the Lord's teaching and study it day and night.

You will stand like a tree planted by a stream, bearing fruit in season  
Its leaves never fading, its yield always plenty.

Not so for the wicked, like chaff they are blown by the wind.  
They will not withstand the judgment, nor assemble with the just.  
The Lord marks the way of the upright, but the corrupt walk to ruin.

Source: The Psalter © 1994 Liturgy Training Publications

### **Luke 14:27-33**

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to Luke  
People: *Praise and Glory to God.*

**J**esus said to the crowd, "Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, 'This fellow began to build and was not able to finish.' Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten

thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions."

Gospeller: This is the Gospel of Christ.  
People: *Praise to Christ the Word*

## Gospel Discussion

### Prayers of the People

Ever-present and loving God, we give you thanks for Saint Benedict, in whose name our church is dedicated; may we heed your call to follow his example of love and service. Holy One, as you call us, *make us worthy of our calling*.

We give you thanks for St. Benedict's Church, and for all who have worshipped here since the church was founded. For all who have gone before us, those who built up this church and community, all who dedicated themselves to you in this holy place. We pray for all who have been baptized, confirmed, married or buried from here, and all who have found new life and new hope here. We give thanks for all who minister in this church. We pray for our Bishop, Lucinda, our Rector, Caro, and for all our clergy; For Jen, our trailblazer; for all our staff and volunteer workers; for all our members and for all our visitors. We pray for our local outreach ministries through The Abundance Shop, Los Osos Cares, Laundry Love, Earthcare, People's Kitchen, and Los Osos Community Dinner. Holy One, as you call us, *make us worthy of our calling*.

We pray for the Church throughout the world, for all involved in mission and outreach. We give thanks for all who live dedicated lives, quietly giving their lives in the service of others; for all who are caring for neighbors or the needy, for all who in the Name of Christ are reaching out in love. We pray for the work of the United Nations and other peacekeeping agencies. We pray for the leaders of governments, that they may be led to wise decisions and right actions. Holy One, as you call us, *make us worthy of our calling*.

We pray for all whose lives are limited by sickness or disability, for all whose lives are restricted by poverty or oppression. We pray for the victims of violence and injustice. We pray for those in any need, starting with those in our bidding book ...

[Prayers are read from the bidding book;  
additional prayers may be offered silently or aloud.]

Holy One, as you call us, *make us worthy of our calling*.

We pray for our loved ones departed, and for all who have fulfilled their calling and have entered the fullness of your kingdom. We pray that we, like them, may follow you for ever. Holy One, as you call us, *make us worthy of our calling*.

*Eternal God, we give you thanks for calling us to be church in this place: here we come to affirm your presence and declare your love; here we come for healing and renewal; here we adore you and dedicate ourselves to you. May all who come here know this as a holy place, a presence-filled place, and that you give yourself to them in love; through Jesus Christ our Savior, who is alive and reigns with you and the Holy Spirit, one God, now and forever. Amen*

## Confession and Absolution

Let us confess our sins to God.

*Silence may be kept.*

Minister and People:

***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, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.***

Celebrant: May our all-compassionate God have mercy on you, forgive you all your sins through the grace of 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.*

## The Holy Eucharist

EOW 2

Celebrant: May God 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.*

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.*

Celebrant: The Gifts of God for the People of God. This is God's table and all are welcome here.

*If God is calling you, you are welcome to receive communion, If you prefer to receive a blessing,  
please cross your arms over your chest.*

## Closing Prayer

Celebrant:    Let us pray.  
All:            *Loving God,  
we give you thanks  
for restoring us in your image*

*and nourishing us with spiritual food  
in the Sacrament of Christ's Body and Blood.  
Now send us forth  
a people, forgiven, healed, renewed;  
that we may proclaim your love to the world  
and continue in the risen life of Christ our Savior. Amen.*

## **The Blessing**

*May God give you grace, to become the people he has called you to be,  
that you may live and work to his praise and glory. And the blessing of God,  
Author, Word, and Holy Spirit be among you and remain with you always. Amen.*

*Traces of Glory,* David Adam © Morehouse Publishing 2000

## **Dismissal**

Alleluia, alleluia, let us go forth in peace to love and serve our God  
Thanks be to God, alleluia, alleluia.

Today's Eucharist Liturgy is from  
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## **This Week at St Ben's**

Tuesday July 19

9:45a Prayers for the Morning

10:15a Spiritual Conversation on Forgiveness based on a video by Adam Hamilton

5:30p Vespers followed by social time

Wednesday July 20

3:00p Earthcare (Zoom)

7:00p The Church Cracked Open (Zoom)

Thursday July 21

5:30p Jen Crompton's ordination, Epiphany, Marina

Friday July 22

4:00p Salud Carbajal's visit – Woman of the Year award

Sunday July 24

8:00a Contemplative Communion

9:20a Bible Conversation

10:30a Eucharist

## **Announcements**

**July 21** – Jen Crompton will be ordained to the diaconate in Epiphany Church Marina at 5:30. Everyone is welcome. Please email Caro+ if you plan to go and would like to carpool. Please keep Jen in your prayers.

**July 22** Congressman Salud Carbajal will be here at 4pm to present Caro+ with her Woman of the Year award. Party!! Invite anyone who wants to come!

**July 23** Remembering Tom Pickering: Tom's family are having an informal service at Cayucos Cemetery on July 23 at 1pm. We are invited -please bring your own chair.

**July 30** Remembering Faye Hogan+: On July 30 at 10:30 we will have a brief and informal service to remember Faye+ and then scatter her ashes in the St Francis Garden. You are welcome to come and bring your memories of Faye+.

Spiritual conversation will reconvene on July 19 at 10:15 to talk about Forgiveness using a dvd presentation so you don't need to feel guilty for not reading the book! On Zoom, please come.