

# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

## Los Osos, California The Seventh Sunday after Pentecost July 24, 2022 10:30 am

Whoever you are and wherever you are in your faith journey, there is a warm welcome for you here at St. Benedict's!

### ~ Prelude ~

"Beautiful Savior"

Tune: ST. ELIZABETH
Schlesiche Volkslieder, 1842

Arranged by C. E. Walz
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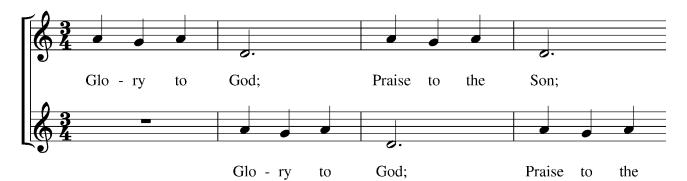
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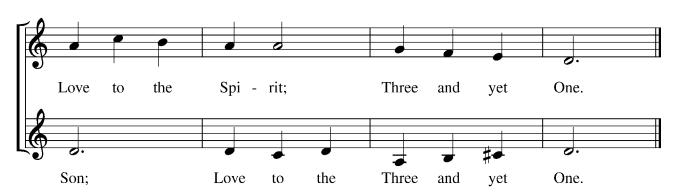
Celebrant: Blessed are you, holy and living One.

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

## 





## Collect of the Day

Celebrant: Christ be with you.

People: And also with you.

Celebrant: Let us pray.

God our rock and refuge; keep us safe in your care and strengthen us with your grace, that we may pray to you faithfully and love one another boldly, following the example of Jesus, who with you and the Holy Spirit, lives for ever and ever. Amen.

From Enriching our Worship 1

### Genesis 18:20-32

Reader: A Reading from the Book of Genesis

The Lord said to Abraham, "How great is the outcry against Sodom and Gomorrah and how very grave their sin! I must go down and see whether they have done altogether according to the outcry that has come to me; and if not, I will know."

So the men turned from there, and went toward Sodom, while Abraham remained standing before the Lord. Then Abraham came near and said, "Will you indeed sweep away the righteous with the wicked? Suppose there are fifty righteous within the city; will you then sweep away the place and not forgive it for the fifty righteous who are in it? Far be it from you to do such a thing, to slay the righteous with the wicked, so that the righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do what is just?" And the Lord said, "If I find at Sodom fifty righteous in the city, I will forgive the whole place for their sake." Abraham answered, "Let me take it upon myself to speak to the Lord, I who am but dust and ashes. Suppose five of the fifty righteous are lacking? Will you destroy the whole city for lack of five?" And he said, "I will not destroy it if I find forty-five there." Again he spoke to him, "Suppose forty are found there." He answered, "For the sake of forty I will not do it." Then he said, "Oh do not let the Lord be angry if I speak. Suppose thirty are found there." He answered, "I will not do it, if I find thirty there." He said, "Let me take it upon myself to speak to the Lord. Suppose twenty are found there." He answered, "For the sake of twenty I will not destroy it." Then he said, "Oh do not let the Lord be angry if I speak just once more. Suppose ten are found there." He answered, "For the sake of ten I will not destroy it."

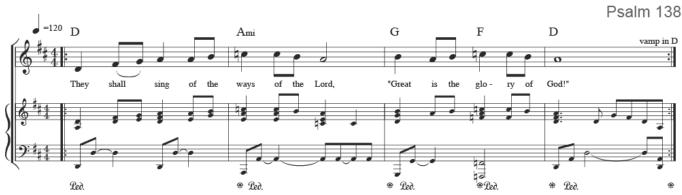
Lector: Hear what the Spirit is saying to God's people.

People: Thanks be to God.

#### **♪** Psalm 138

(Antiphon sung by Cantor, then all. Verses spoken in unison.)

**Emergent Psalter** 



From The Emergent Psalter by Isaac Everett, copyright by Isaac Everett, Church Publishing, Inc. www.churchpublishing.org

antiphon

I praise you with my whole heart;

before the divine beings I sing to you.

I will bow down toward your holy temple

and praise your Name, because of your love and faithfulness, for you have glorified your Name, your word above all things. When I called, you answered me; you gave me strength.

antiphon

All the rulers of the earth will praise you, O God, when they have heard the words of your mouth. They will sing of your ways, that great is your glory.

Though you are high, you care for the lowly; and perceive the haughty from afar.

antiphon

Though I walk in the midst of trouble,
you keep me safe,
you stretch forth your hand
your right hand shall save me.
You will make good your purpose to me.
O God, your love endures for ever;
do not abandon the works of your hands.

antiphon

## **Colossians 2:6-15, (16-19)**

Reader: A Reading from Paul's letter to the Colossians

As you have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ. Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God.

Lector: Hear what the Spirit is saying to God's people.

People: Thanks be to God.



<sup>&</sup>quot;Torah ora" is Hebrew for, "The Law is our Light."

### Luke 11:1-13

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

People: Glory to You, Lord Christ.

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say:

Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread.

And forgive us our sins,

for we ourselves forgive everyone indebted to us.

And do not bring us to the time of trial."

And he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.' And he answers from within, 'Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs.

"So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.* 

Sermon The Rev. Dr. Caroline Hall

[We pause for a few moments' reflection before affirming our faith.]

### **Affirmation of Faith**

(please stand as you are able)

Let us affirm our faith in Jesus Christ the Son of God.

CofE

All We believe in God the Father,

from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;

Father, Son and Holy Spirit.

Amen.

## **Prayers of the People**

Lord, we seek common union with you; we long to be rooted and grounded in you and your love. May your whole church show its unity and love in you. We pray for all who are learning to pray, all who are being taught to meditate and to contemplate your presence. We pray for religious communities, for spiritual guides and counselors. Holy God, protect us *and deliver us from all evil*.

We pray for all whose lives are absorbed by trivial pursuits, for all who are possessed by their possessions, for all who have become addicted, for those caught up in crime. We remember young people who are being led astray, particularly those who are seeing violence as the answer to their discontent. We pray for all people who have a low esteem of themselves, and those who are devalued by others, especially the victims of human trafficking. Holy God, protect us *and deliver us from all evil*.

We give thanks for all who have encouraged us and given us confidence, for all who have helped us to develop our talents and abilities. We pray for all clergy, specially Jen as they start their ministry among us as deacon. We pray for teachers and all who are involved in the development of people. We ask you to bless our homes and our loved ones; we remember homes where there is neglect and apathy. Holy God, protect us *and deliver us from all evil*.

We ask you to guide and strengthen all who are fearful. We pray for any who are awaiting a doctor's diagnosis, all who are awaiting operations or admission to hospital. We pray for the loved ones of those who are ill and all caregivers. We bring before you those we know by name who are ill, and those for whom our prayers have been asked...

[Prayers from the bidding book are read. Please add your prayers silently or aloud.]

Holy God, protect us and deliver us from all evil.

Lord, we trust in you and in your power to save. You are our strength in times of weakness, our hope in times of darkness. We ask you to bless all our loved ones departed and keep them in eternal life. Holy God, protect us *and deliver us from all evil*.

Celebrant: Almighty God, our hearts long for you, our spirits yearn for you; we desire to know your presence, we seek your face. Open our eyes to behold your coming, cleanse our minds to accept your presence, touch our hearts to accept your love, that we may give ourselves in love to you as you give yourself to us; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.** 

Source: "Glimpses of Glory" by David Adam — @ Morehouse Publishing @ 2000

## **Confession and Absolution**

**EOW** 

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.

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:

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*.

### **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.

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or travel, please share in the chat.

### 50. For a Birthday p 830

O God, our times are in your hand: Look with favor, we pray on your servant(s) \_\_\_\_\_ as he/she/they begin(s) another year. Grant that he/she/they may grow in wisdom and grace, and strengthen his/her/their trust in your goodness all the days of his/her/their life/lives; through Jesus Christ our Lord. Amen.

#### 51. For a Birthday p 830

Watch over thy child, O Lord, as his/her/their days increase; bless and guide him/her/their wherever he/she/they may be. Strengthen him/her/them when he/she/they stand(s); comfort him/her/their when discouraged or sorrowful; raise him/her/their up if he/she/they fall; and in his/her/their heart may thy peace which passeth understanding abide all the days of him/her/their life; through Jesus Christ our Lord. Amen.

#### 52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*.

#### 53. For Travelers p 831

O God, our heavenly Father, whose glory	y fills the whole creation, and whose presence we find wherever we go:
Preserve those who travel [in particular _	]; surround them with your loving care; protect them from every
danger; and bring them into safety to their	ir journey's end; through Jesus Christ our Lord. Amen.

# The Offertory

You may contribute on our website any time.



**♪ Doxology:** [Hymn tune #400]

[sung] 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

Holy Eucharist lona

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more; you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Celebrant: The Lord be with you,

All: And also with you.

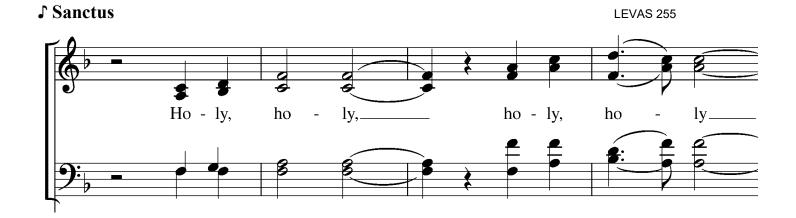
Celebrant: Lift up your hearts,

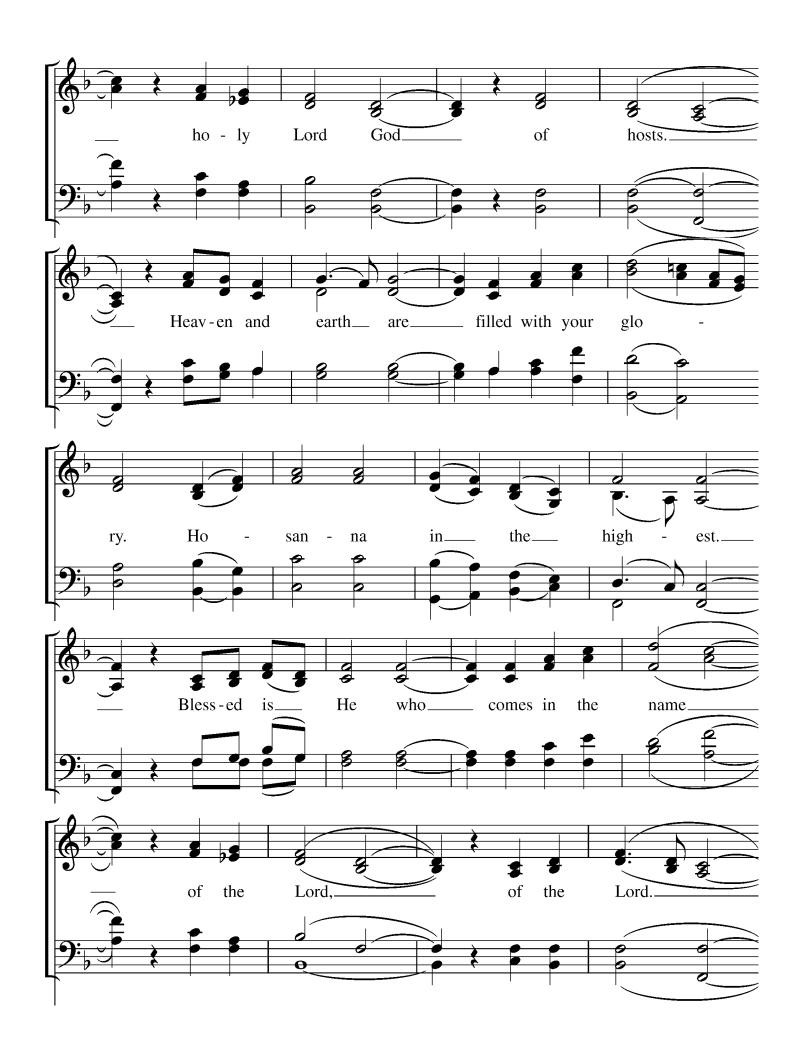
We lift them up to God.

Celebrant: Let us give thanks to God,

All: It is right to give both thanks and praise.

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:







Celebrant: Blessed is our brother Jesus,

who walks with us the road of our world's suffering, and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, This is my body, given to you.

In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying,

This cup is the new relationship with God,
sealed with my blood. Take this and share it.

I shall drink wine with you next in the coming Kingdom of God.

All: Loving God, through your goodness we have this bread and wine to offer, which earth has given and human hands have made.

May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.

We celebrate the life that Jesus has shared among his community through the centuries, and shares with us now.

Made one in Christ and one with each other, we offer these gifts and with them ourselves, a single, holy, living sacrifice. Amen.

Celebrant: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

Through Christ and with Christ and in Christ, all honor and glory are yours, All-Compassionate God, in the unity of the Holy Spirit, for ever and ever. AMEN

## Lord's Prayer

All:

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

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.

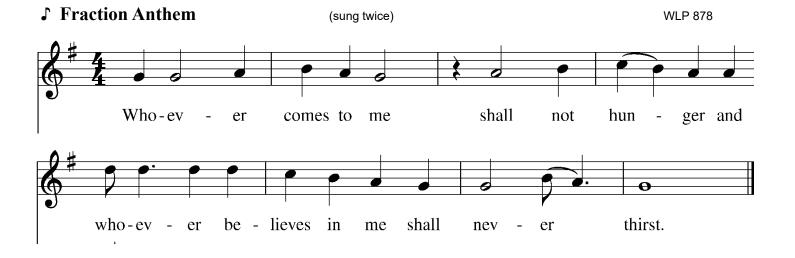
For your reign is the glory of the power that is love, now and forever.

Amen.

New Zealand Prayer Book

## The Breaking of the Bread

The celebrant breaks the Bread



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.

The gifts of God for the people of God.

## **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.

If God is calling you, you are welcome to receive communion.

Please contact the church office to arrange to receive communion in your home.

### **♪** Communion Music

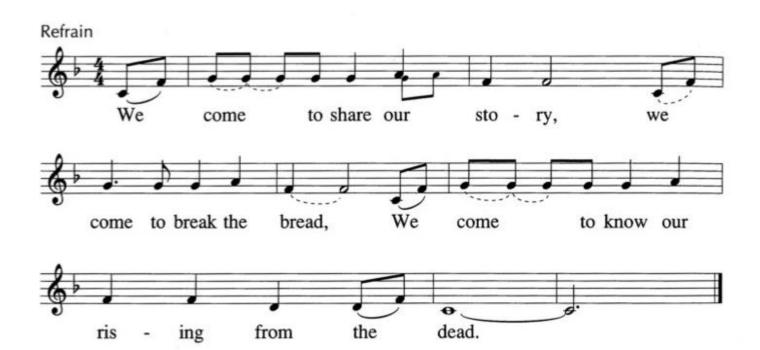
"Abide With Me"

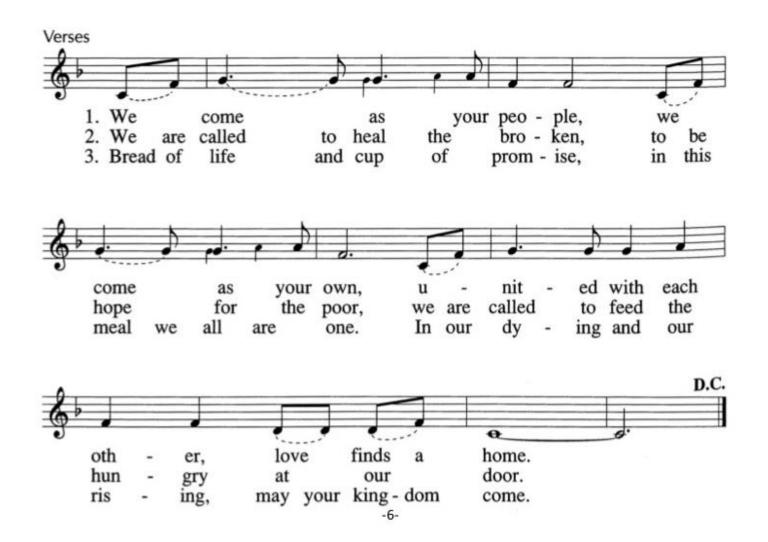
Tune: EVENTIDE by William Henry Monk

Piano Setting by Sandra Eithun © 2022 Lorenz Publishing Co.

## **♪** Communion Hymn

Gather 847





## **Final Prayer**

Creator of all, we give you thanks and praise that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. **Amen.** 

## **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**



Text: Jeff Cothran, fl.1972, © 1972, GIA Publications, Inc. Tune: SHIBBOLET BASADEH, 7 6 8 D with refrain; Jewish melody; harm. by Jeff Cothran, fl.1972

#### **Dismissal**

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

All: Thanks be to God, Alleluia, Alleluia

### **♪** Postlude

"Send the Light!"

Tune: McCABE

Arr. by Terry Osman

by Charles H. Gabriel

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Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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### **Ministers of the Service**

Celebrant: The Rev. Dr. Caroline Hall Deacon: The Rev. Jen Crompton

Eucharistic Minister: Michael Lucas
Lector: Sandy Fisher
Cantor: David Alm

Flowers: Laura Thompson

Ushers: Ron Thompson & Maureen Titus

Intercessor: Jill Denton

Altar Guild: Diana Hammerlund
Online Host: Elaine Beckham

Tellers: Sandy Fisher & Jane Wu

Director of Music: Dave Alm

Technical: Hannah-Jaye Matthew

#### This Week at St Ben's

Today

2:00 Deanery Meeting @ St Stephens or on Zoom

Tuesday

9:45a Prayers for the Morning

10:15a Spiritual Conversation: In this conversation we will be watching a video series

created by Adam Hamilton, author of Forgiveness: Finding Peace Through Letting Go so there is no need to read the book, though of course you may!

5:30p Vespers

### Wednesday

11:00a	Laundry Love
4:00p	Laundry Love

7:00p Church Cracked Open

### **Thursday**

3:00p Healing Ministry

### Saturday

10:30a Scattering Faye Hogan+ ashes

### Sunday

8:00a Cont	emplative	Communion
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9:20a Bible Conversation

10:30a Eucharist with prayers for Healing

### **Our Mission Statement**

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry and commitment to social justice.

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service. Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability. We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.

# The Rev. Dr. Caroline Hall, Rector

The Rev. Jen Crompton, Deacon

#### **Parish Council:**

Maureen Titus, Sandy Fisher, Cathy Gildea, Lisa Gonzalez, Pamela Bleisch, Esta Kandarian, Helen Schnieders,

#### **Diocese of El Camino Real**

The Rt. Rev. Lucinda Ashby, Bishop P.O. Box 689, Salinas Ca 93902

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