

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The Seventh Sunday after Pentecost

July 24, 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: *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

Source: The Psalter © 1994 Liturgy Training Publications

**I** thank you with all I am, I join heaven's chorus.  
I bow toward your holy temple, to praise your name.  
By your love and fidelity, you display to all  
the glory of your name and promise.  
As soon as I call, you act, renewing my strength.  
Around the world, rulers praise you for your commanding word.  
They sing of your ways, "Great is your glory, Lord."  
Though high up, you see the lowly;  
though far away, you keep an eye on the proud.  
When I face an opponent, you keep me alive.  
You reach out your hand, your right hand saves me.  
Lord, take up my cause, your love lasts for ever.

## **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.*

## **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: This is the Gospel of Christ.

People: *Praise to Christ, the Word.*

## Gospel Discussion

### 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

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 3

Celebrant May God 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.***

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created

all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey.

And so as the morning stars sing your praises we join the heavenly beings and all creation as we say with joy:

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 are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you.  
Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

Drink this, all of you:  
this cup is the new Covenant in my Blood,  
poured out for you and for all for the forgiveness of sin.  
Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ’s coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All                ***Dying, you destroyed our death.  
Rising, you restored our life.  
Christ Jesus, come in glory!***

Celebrant        Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit’s power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of

Christ, and in the fullness of time gather us with the blessed virgin Mary, blessed Benedict, and all your people into the joy of our true eternal home.

All *Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for 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: *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.*

## 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, Father, Son, 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,*

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### **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 Contemplative Communion

9:20a Bible Conversation

10:30a Eucharist with prayers for Healing



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