



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fourth Sunday after Pentecost

July 3, 2022

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

~ Prelude ~

“There Is a Balm in Gilead”

Traditional American Spiritual

Arr. by Mark Hayes

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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.*

♪ Hymn of Praise

“O Praise ye the Lord”

Blue Hymnal 432

1 O praise ye the Lord! Praise him in the height;
2 O praise ye the Lord! Praise him up - on earth,
*3 O praise ye the Lord! All things that give sound;
4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;
in tune - ful ac - cord, all ye of new birth;
each ju - bi - lant chord re - ech - o a - round;
to him be out - poured all a - ges a - long!

ye hea - vens, a - dore him by whom ye were made,
 praise him who hath brought you his grace from a - bove,
 loud or - gans, his glo - ry forth tell in deep tone,
 For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.
 praise him who hath taught you to sing of his love.
 and sweet harp, the sto - ry of what he hath done.
 for grace of sal - va - tion, O praise ye the Lord!

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *O God, whose kin-dom comes impossibly near: share with us the authority that sets others free; send us on the way of challenge and conversion; reveal to us the vision of hatred falling from its throne in summer lightning storms; through Jesus Christ who empowers us. Amen.*

Isaiah 66.10-14

Reader: *A Reading from the book of Isaiah*

Thus says the Lord:

"Rejoice with Jerusalem, and be glad for her,
 all you who love her;

rejoice with her in joy,
 all you who mourn over her--

that you may nurse and be satisfied
 from her consoling breast;

that you may drink deeply with delight
 from her glorious bosom.

For thus says the LORD:

I will extend prosperity to her like a river,
and the wealth of the nations like an overflowing stream;

and you shall nurse and be carried on her arm,
and dandled on her knees.

As a mother comforts her child,
so I will comfort you;
you shall be comforted in Jerusalem.

You shall see, and your heart shall rejoice;
your bodies shall flourish like the grass;

and it shall be known that the hand of the LORD is with his servants,
and his indignation is against his enemies."

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

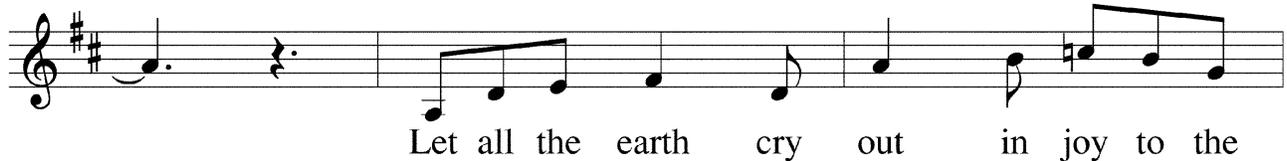
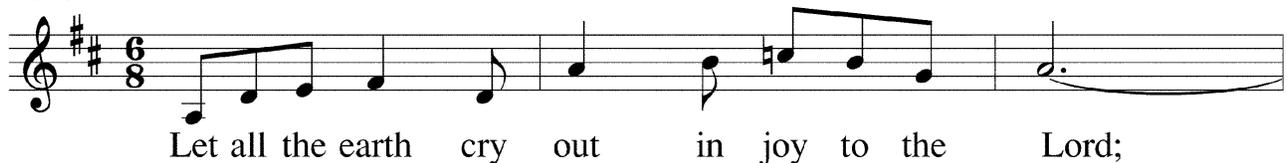
People: *Thanks be to God*

♪ Psalm

Gather 65

Psalm 66: Let All the Earth

Refrain



Verses

1. Cry out in joy to the Lord, all peoples on earth,
sing to the praise of God's name, proclaiming for ever,
"tremendous your deeds for us."
2. Leading your people safe through fire and water,
bringing their souls to life, we sing of your glory, your love is eternal.
3. Hearken to me as I sing my love of the Lord,
who answers the prayer of my heart. God leads me in safety, from death unto life.

Galations 6.1-16

Reader: *A Reading from the letter to the Galatians*

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfill the law of Christ. For if those who are nothing think they are something, they deceive themselves. All must test their own work; then that work, rather than their neighbor's work, will become a cause for pride. For all must carry their own loads.

Those who are taught the word must share in all good things with their teacher.

Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

See what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised-- only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule-- peace be upon them, and mercy, and upon the Israel of God.

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

People: *Thanks be to God*

Alleluia #7

ALLELUIA

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

Music: Alleluia 7; Jacques Berthier, © 1984, Les Presses de Taizé, GIA Publications, Inc., agent

Luke 10.1-11, 16-20

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

People: *Glory to You, Lord Christ.*

The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, 'Peace to this house!' And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking whatever they provide, for the laborer deserves to be paid. Do not move

about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, 'The kingdom of God has come near to you.' But whenever you enter a town and they do not welcome you, go out into its streets and say, 'Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near.'

"Whoever listens to you listens to me, and whoever rejects you rejects me, and whoever rejects me rejects the one who sent me."

The seventy returned with joy, saying, "Lord, in your name even the demons submit to us!" He said to them, "I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven."

Gospeller: The Gospel of Christ.

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

words: WLP 769

tune: Blue Hymnal 495

I believe in God almighty, Author of all things that be,
Maker of the earth and heavens, Keeper of the sky and sea.
I believe in God's Son, Jesus, now for us both Lord and Christ,
of the Spirit and of Mary born to bring abundant life.

I believe that Jesus suffered, scourged and scorned and crucified;
taken from the cross, was buried—true Life there had truly died.
I believe that on the third day Christ was raised up from the grave,
then ascended to God's right hand. He will come to judge and save.

I believe in God's own Spirit, bonding all the saints within
one church, catholic and holy, where forgiveness frees from sin;
in the body's resurrection, for the breaking of death's chain
gives the life that's everlasting. This the faith that I have claimed.

Prayers of the People

God, the mother who nurtures us, is also God of power without end. We call on this God of comfort and might, saying O mighty and gracious God, *hear our prayer.*

For your church, that the good news we spread might always heed the physical and social needs of our listeners, O mighty and gracious God, *hear our prayer.*

For leaders of nations especially our president, Joseph, may they bring peace to their lands, destroying the demons of poverty and inequity, O mighty and gracious God, *hear our prayer.*

For the dying among us, that they might be granted dignity and serenity as they await the comforting arms of their mothering God. O mighty and gracious God, *hear our prayer.*

For people of all ages who are suffering, that they may glimpse the hope of the New Jerusalem and their hearts rejoice again. O mighty and gracious God, *hear our prayer.*

For those whose lives are closely linked with our and who are on our hearts, starting with those in the bidding book:

[You are invited to add your own prayers of thanksgiving or intercession, silently or aloud]

O mighty and gracious God, *hear our prayer.*

God of glory and tenderness, engrave in us the images of your sacred stories. Relieve us of our many burdens, and let our lives give honest testimony to your sovereignty, through Christ our Lord. Amen.

Confession

Celebrant: 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,
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.

Absolution

Celebrant: Almighty 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, may come forward.

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 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 journey's end; through Jesus Christ our Lord. *Amen.*

The Offertory

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.

♪ Offertory Hymn

1. 6. Will you let me be your ser - vant, Let me be as Christ to you;
 2. We are pil - grims on a jour - ney, We are trav - lers on the road;
 3. I will hold the Christ-light for you In the night - time of your fear;
 4. I will weep when you are weep - ing; When you laugh I'll laugh with you.
 5. When we sing to God in heav - en We shall find such har - mo - ny,

1. 6. Pray that I may have the grace to Let you be my ser - vant, too.
 2. We are here to help each oth - er Walk the mile and bear the load.
 3. I will hold my hand out to you, Speak the peace you long to hear.
 4. I will share your joy and sor - row 'Til we've seen this jour - ney through.
 5. Born of all we've known to - geth - er Of Christ's love and ag - o - ny.

Note: When guitar and keyboard play together, keyboardists should improvise using the guitar chords above the melody.

Text: 87 87; Richard Gillard, b. 1953.

Music: SERVANT SONG; Richard Gillard; harm. by Betty Pulkingham, b. 1928.

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♪ 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

EOW2

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 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 sing:

♪ Sanctus

Ho - ly, ho - ly, ho - ly, ho - ly

ho - ly Lord God of hosts.

Heav-en and earth are filled with your glo -

ry. Ho - san - na in the high - est.

Bless-ed is He who comes in the name

of the Lord, of the Lord.

Ho - san - na in the high -

est, ho - san - na in the high - est

Celebrant continues:

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 Blessed 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.

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.

♪ Lord's Prayer

Jack Noble White



Our Fa-----ther in

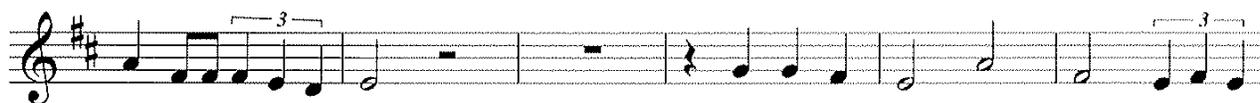


Heaven

Holy be- your name

Your kingdom come;

Your will be



done on earth as in heav'n.

Give us this day our dai-----ly



bread.

Forgive us our sins as we for- give those who sin a - gainst us.



Save us from the time of tri-al and de - li-ver-us from e-vil

For the

king - dom the po-wer and the glo-ry are yours now & for-e-ver

A -----men A -----men A -----men

A -----men A -----men.

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem (sung twice)

WLP 878

Who - ev - er comes to me shall not hun - ger and

who - ev - er be - lieves in me shall nev - er thirst.

C. 1997 Carl Haywood

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

"Savior, Like a Shepherd Lead Us"

by William Bradbury

Arr. by Craig Curry

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Communion Hymn

Sing in your language of preference

WLP 758

1. Tú _____ has ve - ni - do a la o - ri - lla, _____ no has bus -
 2. Tú _____ sa - bes bien lo que ten - go: _____ en mi
 1. You _____ have come down to the lake - shore _____ seek - ing
 2. You _____ know full well my pos - ses - sions. _____ Nei - ther

ca - do _____ ni a sa - bios, ni a ri - cos, _____ tan só - lo
 bar - ca _____ no hay o - ro ni es - pa - das; _____ tan só - lo
 nei - ther _____ the wise nor the weal - thy, _____ But on - ly
 trea - sure _____ nor weap - ons for con - quest, _____ Just these my

Estríbillo (Refrain)

que - res _____ que yo te si - ga. _____ Je -
 re - des _____ y mi tra - ba - jo. _____
 ask - ing _____ for me to fol - low. _____ O
 fish nets _____ and will for work - ing. _____

sús, _____ me has mi - ra - do a los o - jos; _____ son - ri -
 Je - sus, _____ you have looked in - to my eyes; _____ kind - ly

en - do _____ has di - cho mi nom - bre; _____ en la a -
 smil - ing, _____ you've called out my name. _____ On the

re - na _____ he de - ja - do mi bar - ca; _____ jun - to a
 sand I _____ have a - ban - doned my small boat; _____ now with

ti _____ bus - ca - ré o - tro mar. _____
 you, _____ I will seek oth - er seas. _____

Text: Cesáreo Gabaraín (1936-1991), alt. trans. Madeleine F. Marshall, alt.
 Music: Cesáreo Gabaraín (1936-1991), alt. harm. Skinner Chávez-Melo (1944-1992)

[We pause for a few moments' reflection before continuing.]

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.*

Blessing

Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may the blessing of God, Creator, Word and Holy Spirit, be with you always. Amen.

Announcements

Final Hymn

“O beautiful for gracious skies”

Blue Hymnal 719

1 O beau - ti - ful for spa - cious skies, for am - ber waves of grain,
2 O beau - ti - ful for he - roes proved in lib - er - at - ing strife,
3 O beau - ti - ful for pa - triot dream that sees be - yond the years

for pur - ple moun - tain ma - jes - ties a - bove the fruit - ed plain!
who more than self their coun - try loved, and mer - cy more than life!
thine al - a - bas - ter ci - ties gleam, un - dimmed by hu - man tears!

and crown thy good with bro - ther - hood from sea to shin - ing sea.
con - firm thy soul in self - con - trol, thy lib - er - ty in law.
and crown thy good with bro - ther - hood from sea to shin - ing sea.

A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,
 A - mer - i - ca! A - mer - i - ca! God mend thine ev - ery flaw,
 A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,

Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ
 All: **Thanks be to God, Alleluia, Alleluia**

♪ Postlude

“On the Wind of Spirit”

Mark Hayes

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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Eucharistic Minister:	Sarah Chesebro
Lector:	Carol and Jerry Walton
Cantor:	Dave Alm
Flowers:	Sarah Chesebro
Ushers:	Barbara Schippers & Maureen Titus
Intercessor:	Lisa Gonzalez
Altar Guild:	Lisa Gonzalez
Online Hosts:	Don & Liz Maruska
Tellers:	Steve Cake & Jane Wu
Director of Music:	Dave Alm
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Tuesday

9:45a Prayers for the Morning
 10:15a Spiritual Conversation Join us on Zoom to watch a brief TedX talk on Mindfulness and Ignatian Spirituality followed by a conversation
 5:30p Vespers followed by social time

Wednesday

7:00p The Church Cracked Open: every Wednesday evening for four weeks at 7pm on Zoom.

Thursday

4:00p Community Dinner

Sunday

8:00a Contemplative Communion

9:20a Bible Conversation

10:30a Eucharist

Announcements

The bi-monthly newsletter *The Benediction* is available this week.

July 5 – 19 Caro+ will be participating in The Episcopal Church's **General Convention** in Baltimore and visiting friends on the East Coast. If you need assistance during this time please contact Hannah-Jaye in the office or one of the wardens, Maureen Titus or Sandy Fisher. They will be able to connect you with another priest if necessary

July 6 A new book study starts on **The Church Cracked Open**. 7pm Zoom – every Wednesday in July. This short book by the Rev. Stephanie Spellers who serves as Presiding Bishop Michael Curry's Canon for Evangelism and Reconciliation will be the basis of a summer study. This is the beginning of our process toward a graceful and Spirit-filled clergy transition.

COMING UP:

July 21 – Jen Crompton will be ordained to the diaconate in Epiphany Church, Marina at 5:30

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!

BIRTHDAYS this week: July 3: Ginny Conrow
July 4: Dianne Long
July 5: Lorient Schwenk

PERSONAL PRAYER – A member of the Healing Prayer Ministry team is available after the 10:30 service to pray- with you for special concerns. If you'd like this prayer support during the week, contact **Lisa Gonzalez (805 441 3386)**. If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org.

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