



St Benedict's Episcopal Church

Los Osos, California

~ Tending Mind and Soul ~

5th Sunday after Pentecost

10:30 AM SERVICE

Whoever you are and wherever you are on your faith journey, there's a warm welcome for you here

~ Prelude ~

"Rejoice, Ye Pure in Heart"

Tune: MARION, Arthur Messiter, 1834-1916

Arr. by Paul A. Tate

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

People: ***Glory to God for ever and ever!***

All: ***Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.***

♪ Hymn of Praise

"Love divine"

Blue Hymnal 657

1 Love di - vine, all loves ex - cell - ing, joy of heaven, to
2 Come, al - might - y to de - liv - er, let us all thy
3 Fi - nish then thy new cre - a - tion; pure and spot - less

earth come down, fix in us thy hum - ble dwell - ing, all thy
life re - ceive; sud - den - ly re - turn, and nev - er, nev - er -
let us be; let us see thy great sal - va - tion per - fect -

faith - ful mer - cies crown. Je - sus, thou art all com - pas - sion,
more thy tem - ples leave. Thee we would be al - way bless - ing,
ly re - stored in thee: changed from glo - ry in - to glo - ry,

pure, un - bound - ed love thou art; vis - it us with
 serve thee as thy hosts a - bove, pray, and praise thee
 till in heaven we take our place, till we cast our

thy sal - va - tion, en - ter ev - ery trem - bling heart.
 with - out ceas - ing, glo - ry in thy per - fect love.
 crowns be - fore thee, lost in won - der, love, and praise.

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

Deuteronomy 30:9-14

A Reading from Deuteronomy.

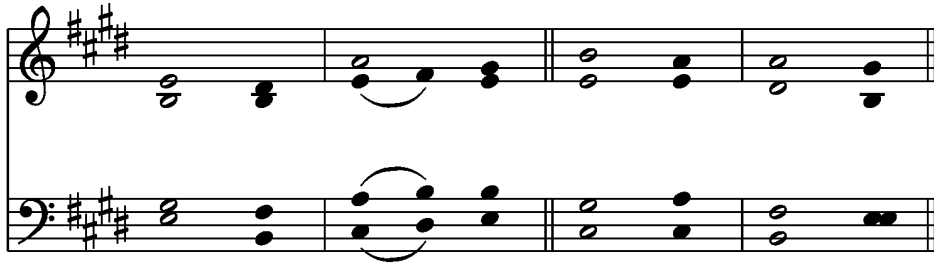
Moses said to the people of Israel, "The LORD your God will make you abundantly prosperous in all your undertakings, in the fruit of your body, in the fruit of your livestock, and in the fruit of your soil. For the LORD will again take delight in prospering you, just as he delighted in prospering your ancestors, when you obey the LORD your God by observing his commandments and decrees that are written in this book of the law, because you turn to the LORD your God with all your heart and with all your soul.

"Surely, this commandment that I am commanding you today is not too hard for you, nor is it too far away. It is not in heaven, that you should say, 'Who will go up to heaven for us, and get it for us so that we may hear it and observe it?' Neither is it beyond the sea, that you should say, 'Who will cross to the other side of the sea for us, and get it for us so that we may hear it and observe it?' No, the word is very near to you; it is in your mouth and in your heart for you to observe."

Reader: The Word of the Lord.

People: *Thanks be to God.*

Robert Knox Kennedy
(b. 1945)



- 1 To you, O LORD, I lift up my /soul;
my God, I put my trust in /you; *
let me not be hum/iliated,
nor let my enemies triumph over /me.
- 2 Let none who look to you be put to /shame; *
let the treacherous be disappointed in their /schemes.
- 3 Show me your ways, O /LORD, *
and teach me your /paths.
- 4 Lead me in your truth and /teach me, *
for you are the God of my salvation;
in you have I trusted all the day /long.
- 5 Remember, O LORD, your compassion and /love, *
for they are from ever/lasting.
- 6 Remember not the sins of my youth and my trans/gressions; *
remember me according to your love
and for the sake of your goodness, O /LORD.
- 7 Gracious and upright is the /LORD; *
therefore he teaches sinners in his /way.
- 8 He guides the humble in doing /right *
and teaches his way to the /lowly.
- 9 All the paths of the LORD are love and /faithfulness *
to those who keep his covenant and his /testimonies.

Colossians 1:1-14

A Reading from Paul's First letter to the Colossians.

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother, To the saints and faithful brothers and sisters in Christ in Colossae: Grace to you and peace from God our Father.

In our prayers for you we always thank God, the Father of our Lord Jesus Christ, for we have heard of your faith in Christ Jesus and of the love that you have for all the saints, because of the hope laid up for you in heaven. You have heard of this hope before in the word of the truth, the gospel that has come to you. Just as it is bearing fruit and growing in the whole world, so it has been bearing fruit among yourselves from the day you heard it and truly comprehended the grace of God. This you learned from Epaphras, our beloved fellow servant. He is a faithful minister of Christ on your behalf, and he has made known to us your love in the Spirit.

For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, so that

you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God. May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

Reader The Word of the Lord.

People *Thanks be to God.*

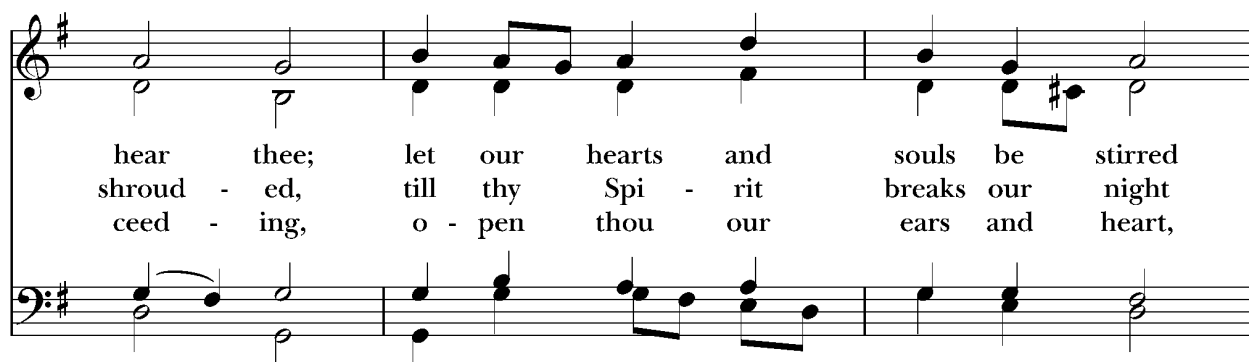
♪ Hymn

“Blessed Jesus”

Blue Hymnal 440



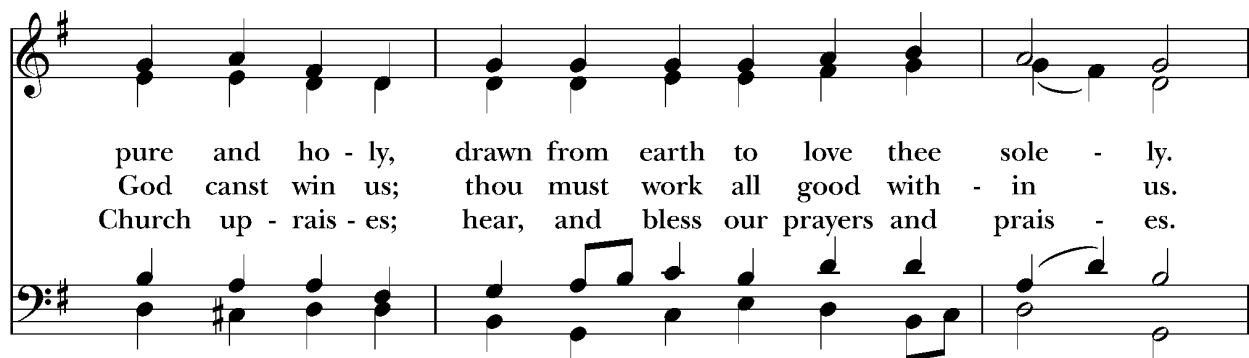
1 Bless - ed Je - sus, at thy word we are gath - ered all to
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -



hear thee; let our hearts and souls be stirred
 shroud - ed, till thy Spi - rit breaks our night
 ceed - ing, o - pen thou our ears and heart,



now to seek and love and fear thee; by thy teach - ings
 with the beams of truth un - cloud - ed; thou a - lone to
 help us by thy Spi - rit's plead - ing. Hear the cry thy



pure and ho - ly, drawn from earth to love thee sole - ly.
 God canst win us; thou must work all good with - in us.
 Church up - rais - es; hear, and bless our prayers and prais - es.

Luke 8:26-39

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

People: ***Glory to You, Lord Christ.***

Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me" -- for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, "What is your name?" He said, "Legion"; for many demons had entered him. They begged him not to order them to go back into the abyss.

Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned.

When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, "Return to your home, and declare how much God has done for you." So he went away, proclaiming throughout the city how much Jesus had done for him.

Gospeller: The Gospel of Christ.

People: ***Praise to You, Lord Christ.***

The Sermon

The Rev Susan Plucker

(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

Blessed are those who trust in the Lord! So lift up the prayers of your heart, saying, “Holy One, search our hearts; *hear our prayer.*”

Lord our God, bless your Church. Bless us with the boldness of the prophets. Give us the courage to proclaim and to live your kingdom.

Silence

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless the people of this and every nation. Bless us with compassion for the poor, the hungry, and those who weep. Turn our hearts away from our selfish desires; turn our hearts to you.

Silence

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless this planet with growth and health. Sustain and encourage all who work for the good of the land and of all beings. Give food enough that the hungry might be filled.

Silence

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless our community of Los Osos and county of San Luis Obispo. Bless us with health. Heal our land and bless us with water. Deliver us from violence and sorrow.

Silence

Holy One, search our hearts; ***Hear our prayer.***

Lord our God, bless the sick and the struggling. Send forth your healing power. Cause laughter to once again flow from the hearts of those who now weep. We pray for those who have asked for our prayers and who are in our hearts, starting with those in the bidding book. [Please add your own prayers and thanksgivings silently or aloud.]

Silence

Holy One, search our hearts; **Hear our prayer.**

Lord our God, bless the dying and the dead. Bless them with everlasting life. And at the last day raise them to new life with your Christ.

Silence

Holy One, search our hearts; **Hear our prayer.**

All-compassionate and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord.

Amen.

Source: Planning for Rites and Rituals Year C Church Publishing

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

You are invited to add your request for a prayer for a birthday, anniversary or other special occasion 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 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.*

♪ Offertory Hymn

“Rise up ye saints”

Blue Hymnal 551

1 Rise up, ye saints of God! Have done with less - er things, give
2 Rise up, ye saints of God! His king - dom tar - ries long; Lord,
3 Lift high the cross of Christ! Tread where his feet have trod; and

heart and soul and mind and strength to serve the King of kings.
bring the day of truth and love and end the night of wrong.
quick-ened by the Spi - rit's power, rise up, ye saints of God!

The musical score is written for two staves, treble and bass clef, in a key with two flats (B-flat and E-flat). It features three-part harmony with lyrics for three voices. The first system contains the first line of lyrics, and the second system contains the second line. The music concludes with a double bar line.

♪ Doxology *Praise God from Whom all blessings flow*

H400

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

The Holy Eucharist

BCP B

Please stand as you are able.

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.

Celebrant: 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

The musical score for the Sanctus is written in 4/4 time with a key signature of one flat (B-flat). It consists of a piano introduction and three systems of vocal and piano accompaniment.

System 1: The piano introduction features a series of chords in the right hand and single notes in the left hand. The vocal line begins with the lyrics "Ho - ly, ho - ly, ho - ly, ho - ly" over a series of notes and rests.

System 2: The vocal line continues with the lyrics "ho - ly Lord God of hosts." over a series of notes and rests. The piano accompaniment provides harmonic support with chords and single notes.

System 3: The vocal line concludes with the lyrics "Heav - en and earth are filled with your glo -" over a series of notes and rests. The piano accompaniment continues with chords and single notes.

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.

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.

Fraction Anthem



Who-ev - er comes to me shall not hun - ger and
who-ev - er be - lieves in me shall nev - er thirst.

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.

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 Song

"Softly and Tenderly with Turn Your Eyes Upon Jesus"

Arr. by Paul A. Tate

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(continued)

♩ Communion Hymn

"I come with joy"

Blue Hymnal 304

Unison or harmony



1 I come with joy to meet my Lord, for -
 2 I come with Chris - tians far and near to
 3 As Christ breaks bread and bids us share, each
 4 And thus with joy we meet our Lord. His
 5 To - geth - er met, to - geth - er bound, we'll



1 giv - en, loved, and free, in awe and won - der
 2 find, as all are fed, the new com - mu - ni -
 3 proud di - vi - sion ends. That love that made us
 4 pres - ence, al - ways near, is in such friend - ship
 5 go our dif - ferent ways, and as his peo - ple



1 to re - call his life laid down for me.
 2 ty of love in Christ's com - mun - ion bread.
 3 makes us one, and stran - gers now are friends.
 4 bet - ter known: we see, and praise him here.
 5 in the world, we'll live and speak his praise.

(We pause for a moment of silence together)

Closing Prayer

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

Traces of Glory David Adam © Morehouse Publishing 2000

*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.*

Announcements

Final Hymn

"Praise to the Living God"

Blue Hymnal 372

1 Praise to the liv - ing God! All prais - ed be his Name
2 Form - less, all love - ly forms de - clare his love - li - ness;
3 His Spi - rit flow - eth free, high surg - ing where it will:
4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.
ho - ly, no ho - li - ness of earth can his ex - press.
in pro - phet's word he spoke of old; he speak - eth still.
his love shall be our strength and stay while a - ges roll.

the first, the last, be - yond all thought his time - less years!
and ev - ery - where a - bove, be - low, his will o - beys.
deep writ up - on the hu - man heart, on sea, on land.
who was, and is, and is to be, for ay the same.

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 ~

“How Firm a Foundation with The Church’s One Foundation”

Arr. by Paul A. Tate

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Today’s Eucharist Liturgy is
Eucharistic Prayer B from the Book of Common Prayer
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Ministers of the Service

| | |
|-----------------------|-----------------------------------|
| Celebrant: | The Rev. Susan Plucker |
| Eucharistic Minister: | Lisa Gonzalez |
| Lector: | Bryson McKelvey |
| Ushers: | Connie Weldon & Steve Cake |
| Altar Guild: | Pat Stoneman |
| Flowers: | Sharon Porter |
| Intercessor: | Helen Schnieders |
| Tellers: | Bryson McElvey and Alice Welchert |
| Online Hoss: | Diana Hammerlund |
| Music Director: | Dave Alm |
| Technical: | Hannah-Jaye Matthews |

This Week at St. Ben's

Tuesday July 12

9:45a Prayers for the Morning

5:30p Vespers followed by social time

Wednesday July 13

7:00p The Church Cracked Open (Zoom)

Friday July 15

5:30pm Messy Church

Saturday July 16

9:00a Men's Breakfast

Sunday July 17 - St Benedict Observed

8:00a Contemplative Communion

9:20a Bible Conversation

10:30a Eucharist

Announcements

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.

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!

**St. Benedict's Episcopal Church
2220 Snowy Egret Lane, Los Osos CA 93402
P.O. Box 6877, Los Osos CA 93412**

