

St. Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

5th Sunday after Pentecost

July 10, 2022

—8 a.m. Service—

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

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: *Lord, you trouble our peace, you step upon our guarded shore and confront our chaos: may we who are divided and colonized by the forces of death learn from you to speak our own name and proclaim your words of life: through Jesus Christ, Tamer of Legions. Amen.*

Prayers for an Inclusive Church, Church Pub. 2009

Deuteronomy 30:9-14

A reading from the book of 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."

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

Psalms 25:1-9

Lord, I give myself to you.

I trust you God; do not fail me, nor let my enemies gloat.
No one loyal is shamed, but traitors know disgrace.

Teach me how to live, Lord show me your way.
Steer me toward your truth, you, my saving God,
You, my constant hope.

Recall your tenderness, your lasting love.
Remember me, not my faults, the sins of my youth.
To show your own goodness, God, remember me.

Good and just is the Lord, guiding those who stray.
God leads the poor; pointing out the path.

Source: The Psalter © 1994 Liturgy Training Publications

Colossians 1:1-14

Lector: *A Reading from the 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.

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

Luke 8:26-39

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

People: *Praise and Glory to God.*

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: This is the Gospel of Christ.

People: ***Praise to Christ, the Word.***

Gospel Discussion

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.

Silence may be kept.

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.

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.

Holy Eucharist

EDW I

Celebrant	The Lord be with you.
People	<i>And also with you.</i>
Celebrant	Lift up your hearts.
People	<i>We raise our hearts to God.</i>
Celebrant	Let us thank the giver of life..
People	<i>It is right to give our thanks and praise.</i>
Celebrant	It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we say:

Celebrant and People

***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.***

All

***Blessed are you, gracious God,
creator of the universe and giver of life.
You formed us in your own image
and called us to dwell in your infinite love.
You gave the world into our care
that we might be your faithful stewards
and show forth your bountiful grace.
But we failed to honor your image
in one another and in ourselves;
we would not see your goodness in the world around us;
and so we violated your creation,
abused one another,
and rejected your love.
Yet you never ceased to care for us,
and prepared the way of salvation for all people.
Through Abraham and Sarah
you called us into covenant with you.
You delivered us from slavery,
sustained us in the wilderness,
and raised up prophets
to renew your promise of salvation.***

*Then, in the fullness of time,
you sent your eternal Word,
made mortal flesh in Jesus.
Born into the human family,
and dwelling among us,
he revealed your glory.
Giving himself freely to death on the cross,
he triumphed over evil,
opening the way of freedom and life.*

The Celebrant continues.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, 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 poured out for you and for all
for the forgiveness of sins.

Whenever you drink it,

do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with the Blessed Virgin Mary, Blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Celebrant and People

*Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise,
for ever and ever. AMEN.*

The Lord's Prayer

As our Savior Christ has taught us, we now pray:

All *Eternal Spirit,
Life-Giver, Pain-Bearer, Love Maker,
Source of all that is and that shall be, Father and
Mother of us all,
Loving God, in whom is heaven:
The Hallowing of your Name echo through the universe!
The Way of your Justice be followed by the people of the world!
Your Heavenly Will be done by all created beings!
Your Commonwealth of Peace and Freedom sustain our hope
and come on earth!
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love,
now and forever. Amen.*

New Zealand Prayer Book

The Breaking of the Bread

The celebrant breaks the consecrated bread.

A period of silence is kept.

Celebrant: We break this bread to share in the Body of Christ.

People: *We who are many are one body, for we all
share in the one bread.*

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

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

Closing Prayer

Celebrant: Let us pray.

All: *God of abundance,
you have fed us
with the bread of life and cup of salvation;
you have united us
with Christ and one another;
and you have made us one
with all your people in heaven and on earth.
Now send us forth
in the power of your Spirit,
that we may proclaim your redeeming love to the world
and continue for ever
in the risen life of Christ our Savior. Amen.*

The Blessing

May the outrageous welcome of the Creator accept us for who we are;
may the incarnation of the Word touch and hold us close;
may the wandering of the Spirit help us risk ourselves for love;
and may the blessing of God All-Compassionate,
Father, Son, and Holy Spirit, be upon you, and remain with you always.
Amen.

Prayers for an Inclusive Church © 2009 Church Pub. Co.

Dismissal

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

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

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

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

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

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

Spiritual conversation will take a break on Tuesday July 12 but reconvene on July 19 at 10:15 to talk about Forgiveness using a dvd presentation so you don't need to feel guilty for not reading the book! On Zoom, please come.

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