



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

St. Benedict's Day, Observed

July 17, 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 ~

“Joyful, Joyful We Adore Thee”

Tune: HYMN TO JOY
by Ludwig van Beethoven

Arr. by Faye López
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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*

♪ Song of Praise

“Great is the Faithfulness”

LEVAS 189

1. Great is thy faith - ful - ness, O God my Fa - ther,
2. Sum - mer and win - ter, and spring - time and har - vest,
3. Par - don for sin and a peace that en - dur - eth,

1. There is no shad - ow of turn - ing with thee;
2. Sun, moon and stars in their cours - es a - bove,
3. Thine own dear pres - ence to cheer and to guide;

1. Thou chang - est not, thy com - pas - sions, they fail not,
2. Join with all na - ture in man - i - fold wit - ness,
3. Strength for to - day and bright hope for to - mor - row,

1. As thou hast been thou for - ev - er wilt be.
 2. To thy great faith - ful - ness, mer - cy and love.
 3. Bless - ings all mine, with ten thou - sand be - side!

Great is thy faith - ful - ness! Great is thy faith - ful - ness!

Morn - ing by morn - ing new mer - cies I see;

Great is Thy faith - ful - ness, Lord un - to me!

All I have need - ed thy hand hath pro - vid - ed,

Collect of the Day

- Celebrant: Christ be with you.
- People: *And also with you.*
- Celebrant: Let us pray together.

All: *Everlasting God, we give you thanks for the purity and humility with which you endowed your servant Benedict: Grant us grace, in union with his example and prayers, to hallow and conform our souls and bodies to the purpose of your most holy will; through Christ our Lord. Amen.*

Proverbs 2:1-9

My child, if you accept my words and treasure up my commandments within you, making your ear attentive to wisdom and inclining your heart to understanding; if you indeed cry out for insight, and raise your voice for understanding; if you seek it like silver, and search for it as for hidden treasures—then you will understand the fear of the Lord and find the knowledge of God. For the Lord gives wisdom; from his mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk blamelessly, guarding the paths of justice and preserving the way of his faithful ones. Then you will understand righteousness and justice and equity, every good path.

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

People: *Thanks be to God.*

Psalm 1

If you would be happy; never walk with the wicked,
never stand with sinners, never sit among cynics,
but delight in the Lord's teaching and study it day and night.

You will stand like a tree planted by a stream, bearing fruit in season
Its leaves never fading, its yield always plenty.

Not so for the wicked, like chaff they are blown by the wind.
They will not withstand the judgment, nor assemble with the just.
The Lord marks the way of the upright, but the corrupt walk to ruin.

Source: The Psalter © 1994 Liturgy Training Publications

♪ Hymn

"O Jesus I Have Promised"

Blue Hymnal #655



1 O Je - sus, I have prom - ised to serve thee to the end:
2 O let me hear thee speak - ing in ac - cents clear and still,
3 O Je - sus, thou hast prom - ised to all who fol - low thee,



I shall not fear the bat - tle, if thou art by my side,
O speak to re - as - sure me, to has - ten or con - trol;
and, Je - sus, I have prom - ised to serve thee to the end;

be thou for ev - er near me, my Mas - ter and my friend;
 a - bove the storms of pas - sion, the mur - murs of self - will;
 that where thou art in glo - ry there shall thy ser - vant be;

nor wan - der from the path - way, if thou wilt be my guide.
 O speak, and make me lis - ten, thou guard - ian of my soul.
 O give me grace to fol - low, my Mas - ter and my friend.

Luke 14:27-33

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

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

Jesus said to the crowd, "Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, 'This fellow began to build and was not able to finish.' Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions."

Gospeller: The Gospel of Christ.

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

The Sermon

Br Dennis Gibson

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

Affirmation of Faith

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

***Though he was divine,
 he did not cling to equality with God,
 but made himself nothing.
 Taking the form of a slave,
 he was born in human likeness.
 He humbled himself
 and was obedient to death,
 even the death of the cross.
 Therefore God has raised him on high,
 and given him the name above every name:
 that at the name of Jesus***

*every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father.*

Amen.

cf Philippians 2.6-11

Prayers of the People

Ever-present and loving God, we give you thanks for Saint Benedict, in whose name our church is dedicated; may we heed your call to follow his example of love and service. Holy One, as you call us, ***make us worthy of our calling.***

We give you thanks for this church, for those who founded it and those who built up this congregation and community; for all who have gone before us, for all who have worshipped in this building, all who have dedicated themselves to you in this holy place. We pray for all who have been baptized, confirmed, married or buried from here, and all who have found new life and new hope here. We give thanks for all who minister in this church. We pray for Bishop Lucinda, our Rector, Caro, and for Jen Crompton as they are ordained this week; for all our staff and volunteer workers; for our members and our guests. We pray for our local outreach ministries through The Abundance Shop, Los Osos Cares, Laundry Love, People's Kitchen, and Los Osos Community Dinner. Holy One, as you call us, ***make us worthy of our calling.***

We pray for the Church throughout the world, for all involved in mission and outreach, for all Benedictines. We give thanks for all who live dedicated lives, quietly giving their lives in the service of others; for all who are caring for neighbors or the needy, for all who in the Name of Christ are reaching out in love. We pray for the work of the United Nations and other peacekeeping agencies. We pray for the leaders of governments, that they may be led to wise decisions and right actions. Holy One, as you call us, ***make us worthy of our calling.***

We pray for our planet, asking that your power and grace may encourage and support all those who work for the common good, especially those who are bringing healing to the earth. We ask your blessing and discernment for St. Benedict's and for the Earthcare group as we listen for your guidance. Holy One, as you call us, ***make us worthy of our calling.***

We pray for all whose lives are limited by sickness or disability, for all whose lives are restricted by poverty or oppression. We pray for the victims of violence and injustice. We pray for those in any need, starting with those in our bidding book ...

[Prayers are read from the bidding book; additional prayers may be offered silently or aloud.]

Holy One, as you call us, ***make us worthy of our calling.***

We pray for our loved ones departed, and for all who have fulfilled their calling and have entered the fullness of your kingdom. We pray that we, like them, may follow you for ever. Holy One, as you call us, ***make us worthy of our calling.***

Celebrant: Eternal God, we give you thanks for calling us to be your Body in this place: here we come to affirm your presence and declare your love; here we come for healing and renewal; here we adore you and dedicate ourselves to you. May all who come here know this as a holy place, a presence-

filled place, and that you give yourself to them in love; through Jesus Christ our Savior, who is alive and reigns with you and the Holy Spirit, one God, now and forever. **Amen**

Adapted from "Glimpses of Glory" by David Adam — © Morehouse Publishing © 2000

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,
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: 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.***

The Peace

Celebrant: The peace of Christ be always with you.
People: ***And also with you.***

Please greet others in the chat.

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.*

The Offertory

Collection plates are not passed, but you may contribute via our website any time.

♩ Offertory Hymn

"I sing a song"

Blue Hymnal #293



1 I sing a song of the saints of God, _____
2 They loved their Lord so _____ dear, so dear, and _____
3 They lived not on - ly in a - ges past, there are



pa - tient and brave and true, who _____ toiled and _____ fought and _____
his love _____ made them strong; and they fol - lowed the right, for _____
hund-reds of thou-sands still, the _____ world is _____ bright with the



lived and died for the Lord they loved and knew. And _____
Je - sus' sake, the _____ whole of their good lives long. And _____
joy - ous saints who _____ love to do Je - sus' will. You can



one was a doc - tor, and one was a queen, and one was a shep -
one was a sold - ier, and one was a priest, and one was _____ slain
meet them in school, or in lanes, or at sea, in church, or in trains,



herd - ess on the _____ green: they were all of them saints of _____
by a fierce wild _____ beast; and there's not an - y rea - son -
or in shops, or at tea, for the saints of _____ God are just



God— and I mean, God help - ing, to be one too.
 no, not the least, why I should-n't be one too.
 folk like___ me, and I mean to be one too.

♪ **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

BCP HE III Form 1

Celebrant Our God be with you
 People *And also with you.*
 Celebrant Lift up your hearts.
 People *We lift them up to God.*
 Celebrant Let us give thanks to the Holy One, our God.
 People *It is right to give God thanks and praise.*

Celebrant We delight in giving thanks and praise to you, O Compassionate One, for you have brought the whole cosmos into being. From the beginning of time, your creative Word calls forth abundant life and form; planets, galaxies and dark matter all resonate with your Name; seas and oceans teem with plentiful life from the smallest plankton to the wonder of the Blue whale. You long for each one of your creatures to know the joy of their own true nature and to sing a song of gratitude to the life that is your love.

And so you inspired prophets and teachers to point us to you and to your paths. We thank you for the vision of St. Benedict, whose guidelines for a “school for the Lord’s service” continue to inspire us today.

Together with St. Benedict, and all the saints, with the angels and archangels who are continually proclaiming your glory, we join in the ancient but ever new song of your praise, as we sing:

♪ **Sanctus**

LEVAS #255



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.

The Celebrant continues:

In your love, you did not cling to your divine status, but made yourself as nothing, taking human form as the child of an insignificant Palestinian woman. You revealed yourself to us in Jesus the itinerant preacher, in whom you humbled himself and followed the calling of new and abundant life, even though it led to the cross.

In Jesus you showed us how to live peacefully and powerfully in the path that you create with us, the path of humility and obedience. Through his teachings, his life, death, and resurrection you opened for us the healing of the ages, and the new life of the Spirit. You call us to participate in his Body and in the renewal of the universe.

Celebrant Come, Lover of the world,

People ***Come, generous Spirit,***

By the glory of your creation around us,

By the presence of Jesus within your people,

By the wind of your Spirit moving over the water

Renew us, so that we may share your love with the world.

Celebrant And so we offer you these gifts which earth has
formed and human hands have made.
Sanctify them by your Holy Spirit to be for your people
the Body and Blood of Jesus Christ.

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”

We now celebrate, O God, the memorial of Christ our Savior. By means of this holy bread and cup, we show forth the sacrifice of Christ’s death, and proclaim the resurrection, until Christ comes in glory.

Gather us by this Holy Communion into one body in the Risen One, and make us a living sacrifice of praise, a demonstration of your abundant love, a hymn of gratitude for your plenitude.

All *By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, All-Compassionate Creator, now and forever. AMEN.*

The Lord’s Prayer

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

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.*

♪ 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.

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 Music

♪ Communion Song

"One Bread, One Body"

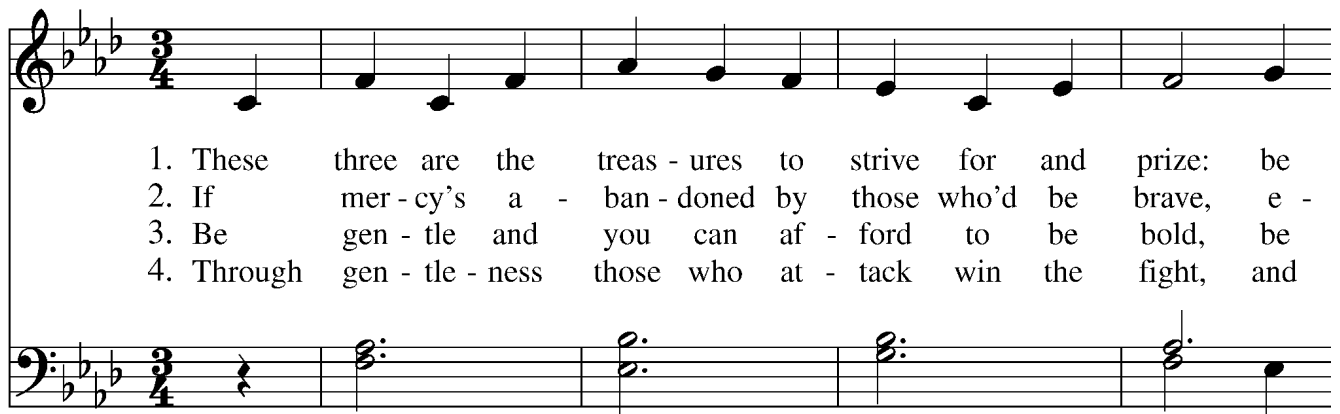
Music by John B. Foley
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Piano Setting by Joel Raney

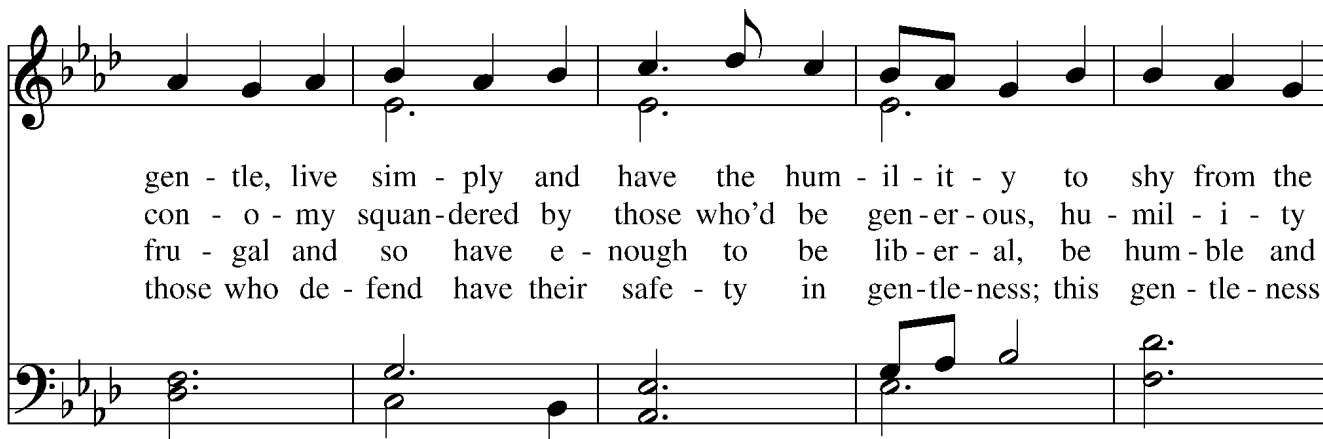
♪ Communion Hymn

"These three"

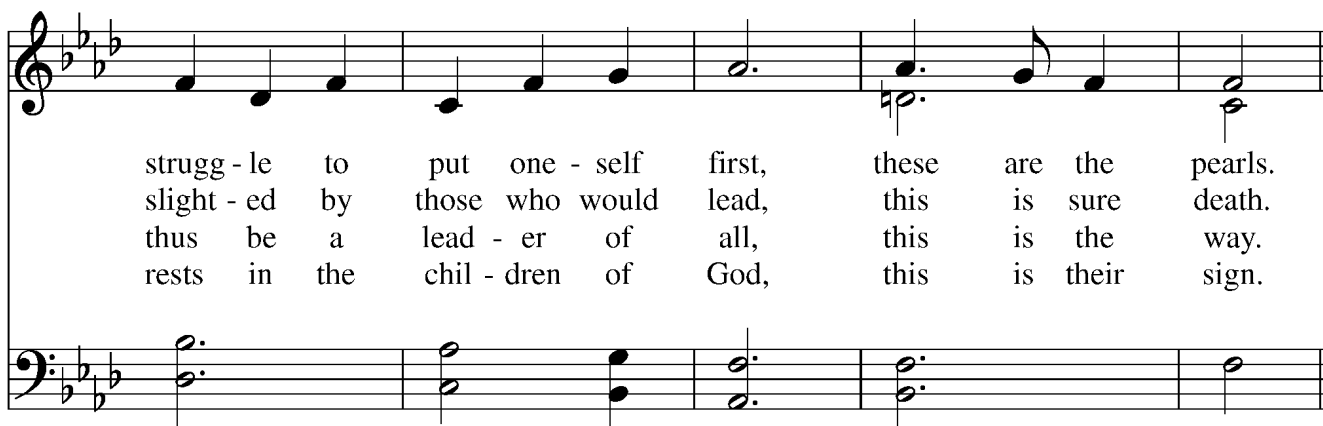
WLP #803



1. These three are the treasures to strive for and prize: be
 2. If mer - cy's a - ban - doned by those who'd be brave, e -
 3. Be gen - tle and you can af - ford to be bold, be
 4. Through gen - tle - ness those who at - tack win the fight, and



gen - tle, live sim - ply and have the hum - il - it - y to shy from the
 con - o - my squan - dered by those who'd be gen - er - ous, hu - mil - i - ty
 fru - gal and so have e - nough to be lib - er - al, be hum - ble and
 those who de - fend have their safe - ty in gen - tle - ness; this gen - tle - ness



strugg - le to put one - self first, these are the pearls.
 slight - ed by those who would lead, this is sure death.
 thus be a lead - er of all, this is the way.
 rests in the chil - dren of God, this is their sign.

[We pause for a few moments' reflection before joining in our final 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.

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, Author, Word,
*and Holy Spirit be among you and remain with you always. **Amen.***

Announcements

Final Hymn

“Jerusalem my destiny”

G390

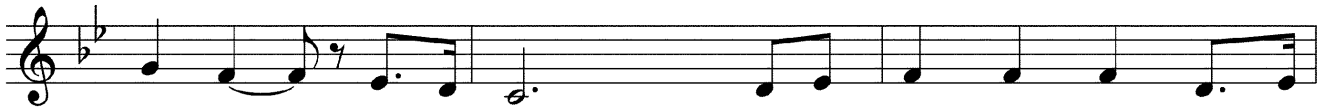
Refrain



I have fixed my eyes on your hills, Je - ru - sa - lem, my



des - ti - ny! Though I can - not see the end for me, I



can - not turn a - way. We have set our hearts for the



way; this jour - ney is our des - ti - ny. Let



no - one walk a - lone. The jour - ney makes us one.

Verses



1. Oth - er spir - its, less - er gods, have court - ed me with lies.
2. See, I leave the past be - hind; a new land calls to me.
3. In my thirst, you let me drink the wa - ters of your life.
4. All the worlds I have not seen you o - pen to my view.
5. To the tombs I went to mourn the hope I thought was gone.

D.C.



Here a - mong you I have found a truth which bids me rise.
Here a - mong you now I find a glimpse of what might be.
Here a - mong you I have met the sav - ior, Je - sus Christ.
Here a - mong you I have found a vi - sion, bright and new.
Here a - mong you I a - woke to un - ex - pect - ed dawn.

The Dismissal

~ Postlude ~

“Be Thou My Vision”

SLANE Irish melody
Publishing

Arr. by Joel Raney

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Today's Eucharist Liturgy is from the outline in the Book of Common Prayer, page 401,
utilizing prayers written by the Rector.
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Ministers of the Service

Celebrant:	Sr. Greta Ronningen
Preacher:	Br. Dennis Gibson
Eucharistic Minister:	Lorienne Schwenk
Lector:	John Horsley
Altar Guild:	Sarah Chesebro, J.W.
Flowers:	Brian Spolarich
Ushers:	Alan Kiste and Brian Spolarich
Intercessor:	Louisa Beeler
On-line Hosts:	Suzan Vaughn and Pat Henry
Music Director:	Dave Alm
Technical Deva:	Hannah-Jaye Matthew

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This Week at St Ben's

Tuesday July 19

9:45a Prayers for the Morning

10:15a Spiritual Conversation on Forgiveness based on a video by Adam Hamilton

5:30p Vespers followed by social time

Wednesday July 20

3:00p Earthcare (Zoom)

7:00p The Church Cracked Open (Zoom)

Thursday July 21

5:30p Jen Crompton's ordination, Epiphany, Marina

Friday July 22

4:00p Salud Carbajal's visit – Woman of the Year award

Sunday July 24

8:00a Contemplative Communion

9:20a Bible Conversation

10:30a Eucharist

Announcements

Celebrations

On July 21, Jen Crompton will be ordained as a deacon at Epiphany Church in Marina at 5:30pm. This is a big day for them and some of us plan to be there. If you are interested in car-pooling please talk to Caro+.

On July 22, Representative Salud Carbajal plans to be at St Ben's to award Caro+ her Woman of the Year Award. This will be at 4pm and everyone is invited. If you have friends who know Caro+ and would like to celebrate, please bring them along! It will be a "happy hour" style reception catered by the Parish Council

Summer Book Study

As part of St. Ben's journey into the future, into becoming New Church - the church we are becoming - the Transition Team invites you to reflect on where the Episcopal Church has come from and where we are going. The Rev. Stephanie Spellers who serves as Presiding Bishop Michael Curry's Canon for Evangelism and Reconciliation has written a short book, "The Church Cracked Open." It will be the basis of a summer discussion, every Wednesday evening for four weeks at 7pm on Zoom.

The study will follow the chapter outline:

July 6: The Reality of Disruption and Decline, New Hope for Beloved Community

July 13: The Origins of the Nightmare, The Church of Empire

July 17: Gain your Life- Solidarity, Walk in Love - Discipleship

July 20: Shards of Light, Lose your life - Kenosis

For more information, contact Lorraine Schwenk (purrsbythesea@gmail.com) who will facilitate the conversation in our normal Zoom room.

Parish Council Meeting

Parish Council meetings are normally held on the third Sunday of the month at 12:30. There will be a combined July/ August meeting on July 30. Everyone is welcome to attend.

Celebration of Life

We will have an informal service here at St Ben's on July 30 at 10:30am to celebrate the life of Faye Hogan+, after which we will scatter her ashes in the St. Francis Garden.

Faye+ will be remembered for her pastoral care, her sense of humor and her love of story-telling.