

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The Tenth Sunday after Pentecost

August 14, 2022

—8 a.m. Service—

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

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Celebrant: Blessed be God: Father, Son, and Holy Spirit.

People: *And blessed be God's kin-dom, now and for ever. Amen.*

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 S**

**A Song of Our True Nature**

**Julian of Norwich**

Christ revealed our frailty and our falling, \*  
our trespasses and our humiliations.

Christ also revealed his blessed power, \*  
his blessed wisdom and love.

He protects us as tenderly and as sweetly when we are in greatest need; \*  
he raises us in spirit and turns everything to glory and joy without ending.

God is the ground and the substance, the very essence of nature; \*

God is the true father and mother of natures.

We are all bound to God by nature, \*  
and we are all bound to God by grace.

And this grace is for all the world, \*  
because it is our precious mother, Christ.

For this fair nature was prepared by Christ for the honor and nobility of all, \*  
and for the joy and bliss of salvation.

## Collect of the Day

Celebrant: God be with you

People: *And also with you.*

Celebrant: Let us pray.

All: God our Thief; you steal from us our dead complacent hearts and kindle a new flame: take from our hands the burden of worthless things, and make them ready to receive a greater gift: the love of a Servant King; through Jesus Christ, the Son of Man.  
*Amen.*

Prayers for an Inclusive Church, Church Pub. 2009

## **Jeremiah 23:23-29**

Reader: *A Reading from the book of Jeremiah*

Am I a God near by, says the Lord, and not a God far off? Who can hide in secret places so that I cannot see them? says the Lord. Do I not fill heaven and earth? says the Lord. I have heard what the prophets have said who prophesy lies in my name, saying, "I have dreamed, I have dreamed!" How long? Will the hearts of the prophets ever turn back-- those who prophesy lies, and who prophesy the deceit of their own heart? They plan to make my people forget my name by their dreams that they tell one another, just as their ancestors forgot my name for Baal. Let the prophet who has a dream tell the dream, but let the one who has my word speak my word faithfully. What has straw in common with wheat? says the Lord. Is not my word like fire, says the Lord, and like a hammer that breaks a rock in pieces?

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

## **Psalm 82**

Source: The Psalter © 1994 Liturgy Training Publications

God stands in heaven's court to judge all other gods:  
"How long will you gods pervert the truth and side with the wicked?  
Hand down justice to orphans and the weak,  
Uphold the rights of the poor and oppressed.  
Free the weak and needy from the grip of the wicked.'

These gods know nothing, they wander in the dark while the world falls to pieces.  
'I had thought of you as gods, born of highest heaven,  
But you will die like any creature and fall like any prince.'

Rise, God, judge the world  
All nations are yours.

## **Hebrews 11:29-12:2**

Reader: *A Reading from the letter to the Hebrews.*

By faith the people passed through the Red Sea as if it were dry land, but when the Egyptians attempted to do so they were drowned. By faith the walls of Jericho fell after they had been encircled for seven days. By faith Rahab the prostitute did not perish with those who were disobedient, because she had received the spies in peace.

And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets-- who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were

stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented-- of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground.

Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, apart from us, be made perfect.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

— *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 Luke.**

People: ***Praise and Glory to God.***

Jesus said, "I came to bring fire to the earth, and how I wish it were already kindled! I have a baptism with which to be baptized, and what stress I am under until it is completed! Do you think that I have come to bring peace to the earth? No, I tell you, but rather division! From now on five in one household will be divided, three against two and two against three; they will be divided:

father against son  
and son against father,  
mother against daughter  
and daughter against mother,  
mother-in-law against her daughter-in-law  
and daughter-in-law against mother-in-law."

He also said to the crowds, "When you see a cloud rising in the west, you immediately say, 'It is going to rain'; and so it happens. And when you see the south wind blowing, you say, 'There will be scorching heat'; and it happens. You hypocrites! You know how to interpret the appearance of earth and sky, but why do you not know how to interpret the present time?"

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

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

## **Gospel Discussion**

## Prayers of the People

Holy One, we come to you for guidance. We pray for pilgrims and seekers, who all strive for a better world. We ask your blessing on all who are seeking to extend their vision, their sensitivities or their horizon. We remember all who are seeking to live disciplined lives, all who are new to the faith, who are learning of you. Guide all leaders and teachers in the church, especially our bishop Lucinda, our Rector, Caro and our deacon, Jen.  
God, we put our trust in you. **You are our hope and salvation.**

We give thanks for all who have built up our world: we pray for builders and architects, for city planners and members of government, for genetic engineers and all research workers. Give us the wisdom to build on firm foundations. We ask your blessing upon all who live in poverty, those who live in neglected neighborhoods, all who live without much hope or vision.  
God, we put our trust in you. **You are our hope and salvation.**

We give you thanks for all who have extended our vision, who have increased our capacity to understand and to love. We pray for all who have shared their vision with us, for preachers and teachers, for artists and craftspeople, for our friends and our loved ones.  
God, we put our trust in you. **You are our hope and salvation.**

We pray for all whose visions and abilities are restricted through illness or weakness. We remember all who are losing mobility or agility, all who suffer from stroke or other debilitating illness, especially those who find it hard to communicate, and those who cannot look after themselves. We pray for loved ones who are ill.

[Here we add other prayers starting with the requests in the bidding book.  
Please add your own prayers or thanksgivings silently or aloud.]

God, we put our trust in you. **You are our hope and salvation.**

You, O God, will bring us to the Promised Land where sorrow and pain are no more, but joy and life are everlasting. We come to you and seek your blessing upon our loved ones who have entered into the fullness of your peace.  
God, we put our trust in you. **You are our hope and salvation.**

*Holy God, make us aware of your coming to us, make us sensitive to your presence and alert to your call, that we may know that we dwell in you and you in us, and that we give ourselves to you in love and service; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God now and for ever. Amen.*

*Adapted from Glimpses of Glory, David Adam, Morehouse Pub.*

## 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.*

*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 ***And also with you.***

Celebrant Lift up your hearts.

People ***We raise our hearts to God.***

Celebrant Let us thank the giver of life..

People ***It is right to give our thanks and praise.***

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: *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.*

*A Prayer Book for New Zealand*

## **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.



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"Enriching Our Worship" Supplemental Liturgical Materials  
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### **This Week at St Ben's**

Tuesday Aug 16

9:45a Prayers for the Morning (Zoom)  
10:15a Spiritual Conversation (Zoom)  
5:30p Vespers (In-person and Zoom)

Wednesday Aug 17

3:00p Earthcare Meeting (Zoom)

Thursday Aug 18

5:30p Choir Rehearsal

Saturday Aug 20

9:00a Men's Breakfast  
2:30p Memorial for Stefanie Shuman

Sunday Aug 21

8:00a Contemplative Communion  
9:20a Bible Conversation  
10:30a Eucharist

### **Announcements**

**PERSONAL PRAYER** – If you'd like prayer support during the week, contact Helen Schnieders 818-324-2646. 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](mailto:prayers@stbenslososos.org).

The **deadline** for submitting articles to our bimonthly newsletter, The Benediction, is August 30.

The **Altar Guild** serves each Sunday by setting up and creating sacred space and then putting the vessels and linens away at the end as well as by looking after everything we use in worship. There are openings for two or more people to join the team. If God is calling you to this special ministry please talk to Sarah Chesebro.

A reminder that **all organic waste** must now be put into a green container not into the trash. Less organic waste in the landfill means less methane and less global warming. Thank you for caring for the planet and obeying the law.

Those who are in leadership positions in the church are expected to participate in training to keep us all safe, especially those who are most vulnerable and to avoid racism in our policies and activities. A new anti-racism training "**A Storied Pilgrimage through Race**," developed by the diocese will be offered by SLO deanery clergy two Thursday evenings a month September - February starting on September 8. Each session will last about one hour.

Our Spiritual Conversation on **Tuesdays at 10:15 on Zoom** is about Forgiveness using a video presentation by Adam Hamilton. Please consider joining us for a generous conversation.

**Bishop Lucinda** will be visiting on October 9. This is an opportunity to be received into the Episcopal Church or to be confirmed. If you would like more information, please talk to Caro+.