

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The Eleventh Sunday after Pentecost

August 21, 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 be the one, holy, and living God.

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 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 of the Sabbath, this is the day and this is the hour when women long oppressed learn to stand with dignity, when your healing escapes our desire for control: may your joy stretch the fabric of our hearts and inspire us to loose each other's bonds; through Jesus Christ, the shamer of the powerful and the raiser of the dead. Amen.**

Isaiah 58:9b-14

Lector: *A Reading from the book of Isaiah*

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.
The LORD will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters never fail.
Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.
If you refrain from trampling the sabbath,
from pursuing your own interests on my holy day;
if you call the sabbath a delight
and the holy day of the LORD honorable;
if you honor it, not going your own ways,
serving your own interests, or pursuing your own affairs;
then you shall take delight in the LORD,
and I will make you ride upon the heights of the earth;
I will feed you with the heritage of your ancestor Jacob,
for the mouth of the LORD has spoken.

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

Psalm 103:1-8

Source: The Psalter © 1994 Liturgy Training Publications

My soul, bless the Lord, bless God's holy name!
My soul, bless the Lord, hold dear all God's gifts!

Bless God, who forgives your sin and heals every illness
Who snatches you from death and enfolds you with tender care,
Who fills your life with richness and gives you an eagle's strength.

The Lord, who works justice and defends the oppressed,
Teaches Moses and Israel divine ways and deeds
The Lord is tender and caring, slow to anger, rich in love.

Hebrews 12:18-29

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken-- that is, created things-- so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

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

Luke 13:10-17

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

People: *Praise and Glory to God.*

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day."

But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Gospeller: This is the Gospel of Christ.

People: *Praise to Christ, the Word.*

Gospel Discussion

Prayers of the People

God, move us, move our wills and direct us by your Spirit. Help us and your whole church to know when to pull down and when and what to rebuild; give us discernment and courage to do what you would have us do. We pray for churches and communities caught up in constant change, for those who have become restless and cannot settle at all. We pray for builders-up of communities and confidence, including our own clergy and lay leaders. Let your light shine upon us, *and dispel our darkness.*

We pray for all who seek to provide good housing and places of beauty, for city planners, architects, for all who maintain parks and gardens including our Landscape committee. We remember all who live in areas of poverty and deprivation, for all whose lives are in danger through not having clean water or proper health care. God bless all who give their lives in the building up of communities, especially through Los Osos Cares. Let your light shine upon us, *and dispel our darkness.*

God, teach us to reverence the earth, to have respect and awe towards each other, to keep holy days, that we may be aware of you. We pray for all who have been humiliated and have lost respect for themselves or others. We ask you to make our homes places of light and love, of grace and goodness. Let your light shine upon us, *and dispel our darkness.*

We remember all who live in fear through war, oppression or violence, all who suffer from abuse or contempt. We pray for all who have a poor opinion of themselves. We ask your blessing on all whose lives are darkened by life-threatening illness, all who are afraid to venture out, all who are unable to venture out. We pray for friends and loved ones who are suffering at this time, starting with those in the bidding book.

[after prayers have been added from the bidding book, you are encouraged to add your own concerns silently or aloud]

Let your light shine upon us, *and dispel our darkness.*

We give thanks that you are the God who makes all things new, you heal and restore your people. We pray for loved ones who have passed through death and are in light and life everlasting. Let your light shine upon us, *and dispel our darkness.*

Gracious God, open our eyes and extend our vision: let us see what you would have us do, what we are capable of and what we can do now. As you call us and empower us, make us worthy of our calling; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God now and for ever, Amen.

Confession and Absolution

Let us confess our sin to God.

Silence may be kept.

Minister and People:

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.

The Holy Eucharist

EOW 2

Celebrant: May God 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: 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 say:

All: *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.*

Celebrant: 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 the Blessed Virgin 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.

All: *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: *Loving God,
we give you thanks
for restoring us in your image
and nourishing us with spiritual food
in the Sacrament of Christ's Body and Blood.
Now send us forth
a people, forgiven, healed, renewed;
that we may proclaim your love to the world
and continue in the risen life of Christ our Savior. Amen.*

The 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 God's blessing be with you always. And the blessing of God, Creator, Word, and Holy Spirit be among you and remain with you always. **Amen.**

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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Announcements

COMING UP: August 30 is deadline for newsletter articles; August 31 is Laundry Love and September 1 is Community Dinner.

Our Spiritual Conversation on **Tuesdays at 10:15 on** Zoom is about Forgiveness based on various video presentations. Please consider joining us for a generous conversation.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Louisa Beeler 805-543-2898. 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.

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.

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+.

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.

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