



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Eleventh Sunday after Pentecost

August 21, 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 ~

"When Morning Gilds the Skies"

Joseph Barnby

© 2006 Hal Leanoard Corp

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 .***

## ♪ Hymn of Praise # 493

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!  
2 and spread through all the earth a - broad the hon - ors of thy Name.  
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
4 the mourn - ful bro - ken hearts re - jice, the hum - ble poor be - lieve.  
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heayen.

## Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

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.

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

People: ***Thanks be to God***

♪ Hymn #411

O Bless the Lord

Blue Hymnal

1 O bless the Lord, my soul! His grace to thee pro - claim!  
 2 O bless the Lord, my soul! His mer - cies bear in mind!  
 3 He will not al - ways chide; he will with pa - tience wait;  
 4 He par - dons all thy sins, pro - longs thy fee - ble breath;  
 5 He clothes thee with his love, up - holds thee with his truth;

1 And all that is with - in me join to bless his ho - ly Name!  
 2 For - get not all his ben - e - fits! The Lord to thee is kind.  
 3 his wrath is ev - er slow to rise and rea - dy to a - bate.  
 4 he heal - eth thine in - fir - mi - ties and ran - soms thee from death.  
 5 and like the ea - gle he re - news the vi - gor of thy youth.

6 Then bless his holy Name,  
 whose grace hath made thee whole,  
 whose loving-kindness crowns thy days:  
 O bless the Lord, my soul!

**Luke 13:10-17**

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

People: *Glory to You, Lord Christ.*

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: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

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

## Affirmation of Faith

*Let us stand and join in the Affirmation of our Faith*

All: *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 Philipians 2.6-11*

## 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 though 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 sins to God.*

All: **Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.**

Celebrant: 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.*

Please greet others in the chat.

## Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, please share 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

*You may mail your offering to the church office, or you may contribute on our website any time.*

### ♪ Offertory Hymn

### Heal Me

WLP 773



1. Heal me, hands of Je - sus, and search out all my pain: re -  
2. Cleanse me, blood of Je - sus, take bit - ter - ness a - way; let  
3. Know me, mind of Je - sus, and show me all my sin; dis -  
4. Fill me, joy of Je - sus: anx - i - e - ty shall cease and



store my hope, re - move my fear and bring me peace a - gain.  
me for - give as one for - given and bring me peace to - day.  
pel the mem - o - ries of guilt, and bring me peace with - in.  
heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

## ♪ 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

HE Form III

*Please stand as you are able*

Celebrant: God 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 our Creator.

People: *It is right to give God thanks and praise.*

Celebrant: It is right and good and joyful to give thanks to you, our Creator God. From the formless void, you created the ever-expanding universe. On this small planet, you brought everything into perfect balance for life to flourish, and you created life as we know it. Your joy is the flourishing of all beings; your glory is the human being fully alive. You look with compassion upon every part of your creation, and you bless us with healing, with rest and with understanding. Your love draws us into oneness with all life and into completeness in your Christ. And so we join now with all your creatures in heaven and in earth, with all who are linked with us in the great web of life as we sing the song that echoes through the ages:

## ♪ 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 -

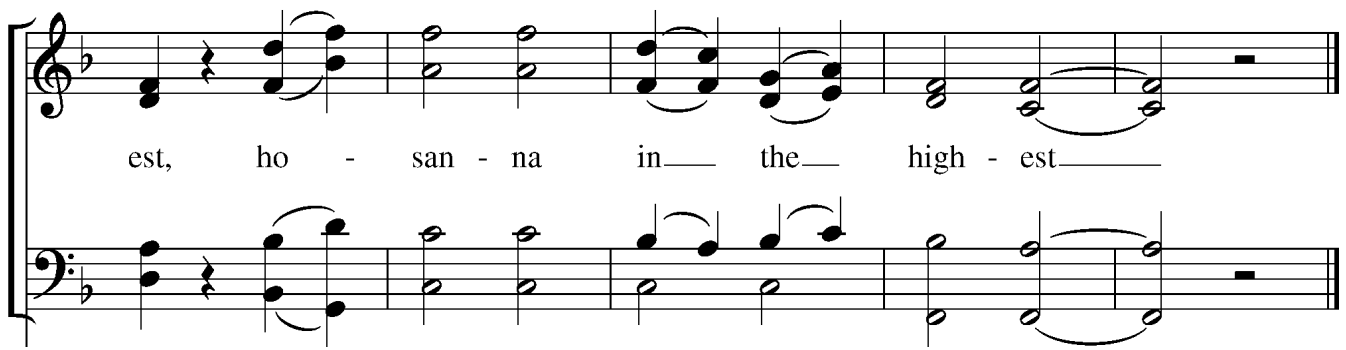
ry. Ho - san - na in the high - est.

Bless-ed is He who comes in the name

of the Lord, of the Lord.

Ho - san - na in the high -





The Celebrant Continues

In your great compassion, although we constantly turn away from you and ignore your prophets, your Christ came to dwell among us-fully human yet fully God. In Jesus you showed us the way to eternal life in you; in Jesus you showed us how to live with compassion and to steadfastly work for the coming of your reign. Through him and through his obedience to his call, we are healed and brought into fullness of life.

And so, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of 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."

In this act of eucharist we join together as your people, and we respond to your call:

All: ***By your hand we are formed,  
By your Christ we are healed  
By your Spirit we are made new  
May we be your Body in this place.***

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. 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

# Lord's Prayer

*And now, as our Savior Christ has taught us, we are bold to sing,*

Voice 

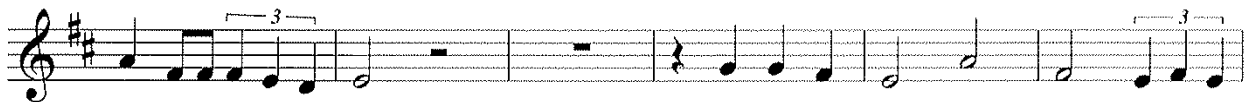
Our Fa-----ther in



Heaven Holy be- your name Your kingdom come; Your will be



Heaven Holy be- your name Your kingdom come; Your will be



done on earth as in heav'n. Give us this day our dai-----ly



bread. Forgive us our sins as we for- give those who sin a - gainst us.



Save us from the time of tri-al and de - li-ver-us from e-vil For the



king - dom the po-wer and the glo----- ry are yours now & for---e---ver



A -----men A -----men A-----men



A -----men A -----men.

# The Breaking of the Bread

The celebrant breaks the Bread.

A period of silence is kept.

## ♪ 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.

c. Carl Haywood 1997

## Holy Communion

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

“Be Thou My Vision”

Traditional Irish

Translated by Mary E. Byrne

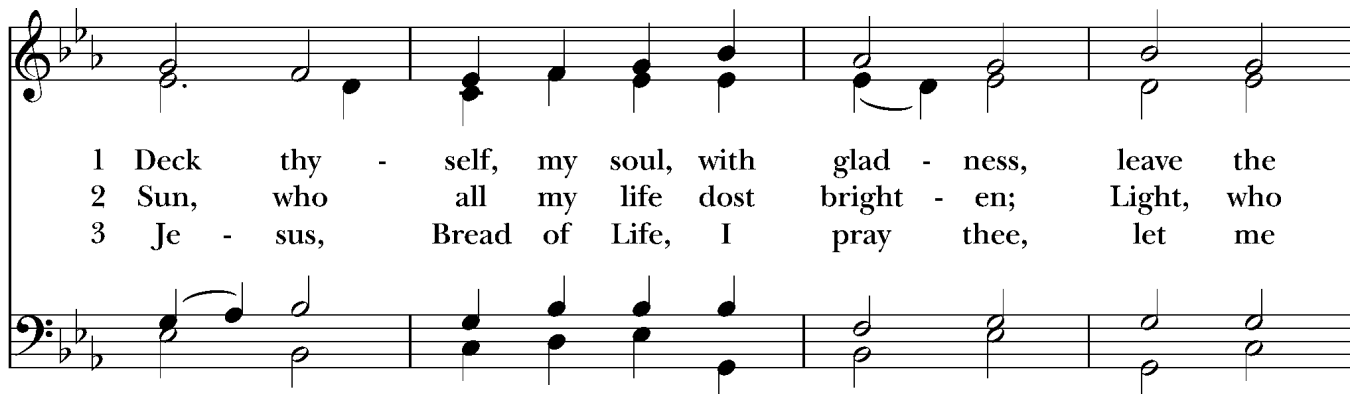
William B. Bradbury

© 2006 Hal Leonard Corporation

## ♪ Communion Hymn #339

## Deck thyself

Blue Hymnal



1 Deck thy - self, my soul, with glad - ness, leave the  
2 Sun, who all my life dost bright - en; Light, who  
3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's  
 dost my soul en - light - en; Joy, the best that an - y  
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der  
 know - eth; Fount, whence all my be - ing flow - eth:  
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this  
 at thy feet I cry, my Ma - ker, let me  
 from this ban - quet let me mea - sure, Lord, how

won - drous ban - quet found - ed - high o'er all the heavens he  
 be a fit par - ta - ker of this bless - ed food from  
 vast and deep its trea - sure; through the gifts thou here dost

reign - eth, yet to dwell with thee he deign - eth.  
 hea - ven, for our good, thy glo - ry, giv - en.  
 give me, as thy guest in heaven re - ceive me.

## 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

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 the blessing of God, Creator, Word and Holy Spirit, be with you always. Amen.

## Announcements

### Final Hymn # 397

Now Thank we

Blue Hymnal

1 Now thank we all our God, with heart, and hands, and voices,  
 2 O may this bounteous God through all our life be near us!  
 3 All praise and thanks to God the Father now be given.

who won-drous things hath done, in whom his world re - joic - es;  
 With ev - er - joy - ful hearts and bless - ed peace to cheer us;  
 the Son, and him who reigns with them in high - est hea - ven,

who from our mo - ther's arms hath blessed us on our way  
 and keep us in his grace, and guide us when per - plexed,  
 e - ter - nal, Tri - une God, whom earth and heaven a - dore;

with count-less gifts of love, and still is ours to - day.  
 and free us from all ills in this world and the next.  
 for thus it was, is now, and shall be, ev - er - more.

## Dismissal

Celebrant: Alleluia! Alleluia! Let us go forth into the world, rejoicing in the power of the Spirit.

All: *Thanks be to God. Alleluia! Alleluia!*

## ♪ Postlude

*“When I Can Read My Title Clear”*

Tune: PISGAH  
 Kentucky Harmony, 1816

Arr. by Tracy Craig McKibben  
 © 2022 Lorenz Publishing Co.

Today's Eucharist Liturgy is  
 Written by the Rector based on the Book of Common Prayer Form III

Music reproduced under OneLicense #A706314

## Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Preacher:	The Rev. Jen Crompton
Eucharistic Minister:	Michael Lucas
Lector:	Bryson McElvey
Ushers:	Connie Weldon & Barbara Schippers
Altar Guild:	Lorienne Schwenk
Flowers:	In Memory of Stef Shuman
Intercessor:	Louisa Beeler
Tellers:	Bryson McElvey & Steve Cake
Online Hosts	Pat Henry & Suzan Vaughn
Music Director:	Dave Alm
Technical:	Hannah-Jaye Matthews

## This Week at St Ben's

Tuesday Aug 23

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

Thursday Aug 25

5:30p	Choir Rehearsal
-------	-----------------

Sunday Aug 28

8:00a	Contemplative Communion
10:30a	Eucharist

## 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](mailto: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.

### **Our Mission Statement**

*St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry and commitment to social justice.*

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.

We embrace and seek to preserve the beautiful, amazing diversity of God's creation.

We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.



**St Benedict's Episcopal Church**  
**2220 Snowy Egret Lane, Los Osos CA 93402**  
**P.O. Box 6877, Los Osos CA 93412**  
**Phone: (805) 528-0654 Email: [office@stbenslososos.org](mailto:office@stbenslososos.org)**  
**[www.stbenslososos.org](http://www.stbenslososos.org)**