



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The 13th Sunday after Pentecost

September 4, 2022 10:30 am

Whoever you are and wherever you are in your faith journey, there is a warm welcome for you here at St. Benedict's!

~ Prelude ~

"All Creatures of Our God and King"

with This Is My Father's World

Arr. by Paul A. Tate

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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.***

♪ Hymn of Praise #8

Morning Has Broken

Blue Hymnal

Unison or harmony

1 Morn-ing has bro - ken like the first morn - ing,
 2 Sweet the rain's new fall sun - lit from hea - ven,
 3 Mine is the sun - light! Mine is the morn - ing

black-bird has spo - ken like the first bird. _____
 like the first dew - fall on the first grass. _____
 born of the one light E - den saw play! _____

Praise for the sing - ing! Praise for the morn - ing!
 Praise for the sweet - ness of the wet gar - den,
 Praise with e - la - tion, praise ev - ery morn - ing,



Praise for them, spring - ing fresh from the Word!
 sprung in com - plete - ness where his feet pass.
 God's re - cre - a - tion of the new day!

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: **Grant us, O God, the courage to choose Jesus's way even at great cost, bearing our cross and releasing our possessions, for the liberation and healing of your world; through Jesus Christ the Wisdom of Creation, who lives and reigns with you and the Holy Spirit, now and for ever. Amen.**

Deuteronomy 30:15-20

Reader: *A Reading from the Book of Deuteronomy*


Moses said to all Israel the words which the Lord commanded him, "See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

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

People: *Thanks be to God.*

♪ Psalm 1

REFRAIN
 ♩ = 68



Bles - sed are they, bles - sed are they who



Blessed is the man who follows not
 the counsel of the wicked,
 but delights in the law of the LORD
 and meditates on his law both day and night.
 He is like a tree planted near running water
 that yields its fruit in due season
 and whose leaves never fade
 whatever he does prospers.

Not so with the wicked; not so
 they are like chaff which the wind drives away.
 For the LORD watches over the way of the just,
 but the way of the wicked vanishes.

St. Isaac the Syrian (613-700)

Lector: *A Reading from the Mystic Treatises, St. Isaac the Syrian (613-700)*

What is a charitable heart? It is a heart burning with love for the whole of creation, for humans, for the birds, for the beasts, for the demons—for all creatures. One who has such a heart cannot see or call to mind a creature without having eyes being filled with tears by reason of the immense compassion which seizes the heart; a heart which is softened and can no longer bear to see or learn from others of any suffering, even the smallest pain, being inflicted on any creature. That is why such a person never ceases to pray also for the animals, that they may be preserved and purified. This person will even pray for the reptiles, moved by the infinite pity which reigns in the hearts of those who are becoming united with God.

♪ Alleluia #7



Luke 14:25-33

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

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

Now large crowds were traveling with Jesus; and he turned and said to them, "Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. 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 the Lord.*

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

Sermon

The Rev. Dr. Caroline Hall

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

♪ Affirmation of Faith

words: WLP 769

tune: WLP 376

I believe in God almighty, Author of all things that be,
Maker of the earth and heavens, Keeper of the sky and sea.
I believe in God's Son, Jesus, now for us both Lord and Christ,
of the Spirit and of Mary born to bring abundant life.

I believe that Jesus suffered, scourged and scorned and crucified;
taken from the cross, was buried—true Life there had truly died.
I believe that on the third day Christ was raised up from the grave,
then ascended to God's right hand. He will come to judge and save.

I believe in God's own Spirit, bonding all the saints within
one church, catholic and holy, where forgiveness frees from sin;
in the body's resurrection, for the breaking of death's chain
gives the life that's everlasting. This the faith that I have claimed.

Prayers of the People

Blessed God, whose love calls the whole creation into covenant with you, and who puts in our hands responsibility for the care of the earth and its creatures: we pray for all to whom you have given life and being, saying, "Merciful God, keep your planet and people in peace."

For the well-being of the earth; for its resources of water, air, light, and soil, that they may be tended for the good of all creatures, we pray: ***Merciful God, keep your planet and people in peace.***

For the waters of the earth; for their careful use and conservation, that we may have the will and the ability to keep them clean and pure, we pray: *Merciful God, keep your planet and people in peace.*

For the mineral and energy resources of the planet, that we may learn sustainable consumption and sound care of the environment from which they come, we pray: *Merciful God, keep your planet and people in peace.*

For the animals of the earth, wild and domestic, large and very small, that they may know the harmony of relationship that sustains all life, we pray: *Merciful God, keep your planet and people in peace.*

For all who shape public policies affecting the planet and its creatures especially our president, Joseph, and our governor, Gavin, that they may consider wisely the well-being of all who come after us, we pray: *Merciful God, keep your planet and people in peace.*

For the creatures and the human beings of your world who are ill, or in danger, pain, or special need especially

[here prayers are read from the bidding book and you are invited to add your own, silently or aloud],

we pray: *Merciful God, keep your planet and people in peace.*

For the creatures and the people of the earth whose lives and deaths have contributed to the fruitful abundance of this planet, we pray: *Merciful God, keep your planet and people in peace.*

Gracious God: Grant that your people may have in them the same mind that was in Christ Jesus, and guide us into harmony of relationship through loving-kindness and the wise use of all that you have given; for you are drawing all things into communion with you and with each other by the power of the Holy Spirit. Amen.

Adapted from "Honoring God in Creation" SCLM Report to 78th General Convention of TEC

Confession and Absolution

EOW

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: 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.*

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 #593

Lord make us servants

Blue Hymnal

1 Lord, make us ser - vants of your peace: where there is
2 Where all is doubt, may we sow faith; where all is
3 Je - sus, our Lord, may we not seek to be con -
4 May we not look for love's re - turn, but seek to
5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -
 2 gloom, may we sow hope; where all is night, may we sow
 3 soled, but to con - sole, nor look to un - der - stand - ing
 4 love un - self - ish - ly, for in our giv - ing we re -
 5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.
 2 light; where all is tears, may we sow joy.
 3 hearts, but look for hearts to un - der - stand.
 4 ceive, and in for - giv - ing are for - given.
 5 peace, to wake at last in hea - ven's light.

♪ 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*

The Holy Eucharist

EOW 3

Celebrant The Lord 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 the Lord our God.

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

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things.

You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind.

Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

♪ Sanctus

G166

Ho-ly, ho-ly, ho-ly Lord,
God of pow-er, God of might, heav-en and
earth are full of your glo-ry. Ho-
san-na in the high-est. Bless-ed is
he who comes in the name of the Lord.
Ho-san-na in the high-est, ho-
san-na in the high-est.

Music: *Mass of Creation*, Marty Haugen, © 1984, GIA Publications, Inc.

The celebrant continues

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

“Take, eat, this is my Body, broken for you.

Do this for the remembrance of me.”

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

“Drink this, all of you: this cup is the new Covenant in my Blood, poured

out for you and for all for the forgiveness of sin.

Do this for the remembrance of me.”

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ’s coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All **Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!**

The celebrant continues

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit’s power, may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with blessed Benedict and all your people into the joy of our true eternal home.

All *Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. Blessed are you now and for ever. AMEN.*

Lord’s Prayer

BCP

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

The Breaking of the Bread

The celebrant breaks the Bread

Silence



♪ Fraction Anthem

G 167-C

Priest:
Let us pro - claim the mys - ter - y of faith:

All:
When we eat this bread, when we drink this cup, we pro - claim your
death, Lord Je - sus, un - til you come in glo - ry.

The musical score is written on three staves. The first staff is for the Priest and the second and third staves are for the congregation. The key signature has one flat (B-flat) and the time signature is 2/2. The music is in a simple, hymn-like style with lyrics written below the notes.

Music: *Mass of Creation*, Marty Haugen, © 1993, GIA Publications, Inc.

Holy Communion

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. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

♪ Communion Music

“Interlude No. 12”

Paul A. Tate

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♪ Communion Hymn

One Bread, One Body

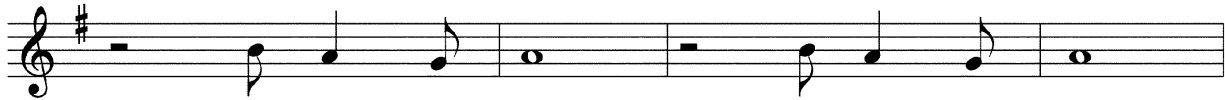
Gather 830

Refrain

One bread, one bod-y, one Lord of all,
one cup of bless - ing which we bless. And
we, though man-y, through-out the earth,
we are one bod - y in this one Lord.

The musical score is written on four staves. The key signature has one sharp (F#) and the time signature is 4/4. The music is in a simple, hymn-like style with lyrics written below the notes.

Verses



1. Gen - tile or Jew, ser - vant or free,
2. Man - y the gifts, man - y the works,
3. Grain for the fields, scat - tered and grown,



wom - an or man no more.
one in the Lord of all.
gath - ered to one for all.

Text: 1 Corinthians 10:16; 17, 12:4, Galatians 3:28; the *Didache* 9; John Foley, SJ, b.1939
Tune: John Foley, SJ, b.1939
© 1978, John B. Foley, SJ, and New Dawn Music. Published by OCP Publications.

Final Prayer

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.**

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. **Amen.**

(source: from Saint Clare)

Announcements

♪ Final Hymn #410

Praise my Soul

Blue Hymnal

Praise, my soul, the King of heaven;
to his feet thy tribute bring;
ransomed, healed, restored, forgiven,
evermore his praises sing:
Alleluia, alleluia!
Praise the everlasting King.

Praise him for his grace and favor
to his people in distress;
praise him still the same as ever,
slow to chide, and swift to bless:
Alleluia, alleluia!
Glorious in this faithfulness.

Father-like he tends and spares us;
well our feeble frame he knows;
in his hand he gently bears us,
rescues us from all our foes.

Alleluia, alleluia!

Widely yet his mercy flows.

Angels, help us to adore him;
ye behold him face to face;
sun and moon, bow down before him,
dwellers all in time and space.

Alleluia, alleluia!

Praise with us the God of grace.

Henry Francis Lyte (1793-1847)
These words are in the public domain.

Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

All: **Thanks be to God, Alleluia, Alleluia**

♪ Postlude

“Canticle of the Sun”

Marty Haugen

Arrg. by Paul A. Tate

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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Deacon:	The Rev. Jen Crompton
Eucharistic Minister:	Diana Hammerlund
Lector:	John Horsley
Cantor:	Diana Hammerlund
Flowers:	Elaine Beckham
Ushers:	Barbara Schippers & Maureen Titus
Intercessor:	Lisa Gonzalez
Altar Guild:	Lisa Gonzalez
Online Host:	Don Maruska
Tellers:	Steve Cake & Dianne Long
Director of Music:	Dave Alm
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Monday Rector's Sabbath

Tuesday

9:45a Prayers for the Morning

10:15a Spiritual Conversation: continuing the conversation about Forgiveness

5:30p Vespers

Thursday

5:30p Choir Rehearsal

Saturday

2:00p Brynn Albanese in Concert

Sunday

8:00a Contemplative Communion

10:30a Eucharist

COMING SOON!

- **Storied Pilgrimage with Race** starts September 8th—an online conversation about race based on the life experiences of members of the diocese.
- Saturday September 10th 2pm **Brynn Albanese** plays a one-person show here at St. Ben's. Suggested donation:\$20 per person.
- Bishop Lucinda will be here on October 9th. Let Caro+ know now if you want to be received or confirmed.

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.

BIDDING BOOK PRAYERS – If you'd like to request prayers for someone to have their names read out during the worship services on Sunday, please write them in the bidding book on the stand by the usher's station as you come into church.

UKRAINIAN REFUGEES in Poland need help. We are sending money to Caro's sisters church in Nowy Sacz, Poland. Please put "Ukraine" on your check or on-line gift.

OFFICE HOURS: Hannah-Jaye is in the office on Monday, Wednesday and Friday from 2-5. If you need something at other times please contact Caro+

St. Benedict's Episcopal Church
PO Box 6877
2220 Snowy Egret Lane
Los Osos, CA 93402
805-528-0654
office@stbenslosos.org
www.stbenslosos.org