

St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

Third Sunday after Pentecost

June 18, 2023

—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 G

A Song of Ezekiel

Ezekiel 36:24-28

I will take you from among all nations; *
and gather you from all lands to bring you home.
I will sprinkle clean water upon you; *
and purify you from false gods and uncleanness.
A new heart I will give you *
and a new spirit put within you.
I will take the stone heart from your chest *
and give you a heart of flesh.
I will help you walk in my laws *
and cherish my commandments and do them.
You shall be my people, *
and I will be your God.

Collect of the Day

Celebrant: God be with you

People: *And also with you.*

Celebrant: Let us pray.

All: *Tender shepherd to the helpless and lost; we praise you for sharing your power with a motley band of stumbling friends: may we who have received without payment give without charge and so bring your kingdom near; through Jesus Christ, the Lord of the harvest. Amen.*

Genesis 18:1-15, (21:1-7)

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, "My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant." So they said, "Do as you have said." And Abraham hastened into the tent to Sarah, and said, "Make ready quickly three measures of choice flour, knead it, and make cakes." Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

They said to him, "Where is your wife Sarah?" And he said, "There, in the tent." Then one said, "I will surely return to you in due season, and your wife Sarah shall have a son." And Sarah was listening at the tent entrance behind him. Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. So Sarah laughed to herself, saying, "After I have grown old, and my husband is old, shall I have pleasure?" The Lord said to Abraham, "Why did Sarah laugh, and say, 'Shall I indeed bear a child, now that I am old?' Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah shall have a son." But Sarah denied, saying, "I did not laugh"; for she was afraid. He said, "Oh yes, you did laugh."

[The Lord dealt with Sarah as he had said, and the Lord did for Sarah as he had promised. Sarah conceived and bore Abraham a son in his old age, at the time of which God had spoken to him. Abraham gave the name Isaac to his son whom Sarah bore him. And Abraham circumcised his son Isaac when he was eight days old, as God had commanded him. Abraham was a hundred years old when his son Isaac was born to him. Now Sarah said, "God has brought laughter for me; everyone who hears will laugh with me." And she said, "Who would ever have said to Abraham that Sarah would nurse children? Yet I have borne him a son in his old age."]

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

PSALM 116

I am filled with love, for the Lord hears me;
I believe, even as I say, "I am afflicted."
I believe, even though I scream, "Everyone lies!"
What gift can ever repay God's gift to me?
I raise the cup of freedom as I call on God's name!
I fulfill my vows to you, Lord, standing before your assembly.
Lord, you hate to see your faithful ones die.
I beg you, Lord, hear me: it is I, the servant you love. I, the child of your servant. You freed me from death's grip.
I bring a gift of thanks, as I call on your name.

Romans 5:1-8

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

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

Matthew 9:35-10:8(9-23)

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

People: *Praise and Glory to God.*

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest."

Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him.

These twelve Jesus sent out with the following instructions: "Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, 'The kingdom of heaven has come near.' Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. [Take no gold, or silver, or copper in your belts, no bag for your journey, or two tunics, or sandals, or a staff; for laborers deserve their food. Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. As you enter the house, greet it. If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgment than for that town.

"See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. Beware of them, for they will hand you over to councils and flog you in their synagogues;

and you will be dragged before governors and kings because of me, as a testimony to them and the Gentiles. When they hand you over, do not worry about how you are to speak or what you are to say; for what you are to say will be given to you at that time; for it is not you who speak, but the Spirit of your Father speaking through you. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved. When they persecute you in one town, flee to the next; for truly I tell you, you will not have gone through all the towns of Israel before the Son of Man comes.”]

Gospeller: This is the Gospel of Christ.

People: *Praise to Christ, the Word.*

Discussion of the Readings

Prayers of the People

Lord, as you have called us, make us worthy of our calling. Guide us, that we may become the people you would have us be. Direct us, that we may do what you would have us do; through Jesus Christ our Lord. **Amen.**

Lord, you are with us as we proclaim the good news, as we reach out to heal, to cure, to raise up; you are with us as we battle against evil. We pray for the church throughout the world, for all involved in mission and outreach. Lord, as you call us, **make us worthy of our calling.**

Lord, you have called us to work together. We pray for the work of the United Nations. We remember all who are seeking to build up communities. We pray for those in government, and leaders of industries. We pray for all who have a sense of vocation and dedication. We remember those whose work is thwarted by the greed or violence of others. Lord, as you call us, **make us worthy of our calling.**

We give thanks for all who have called us to a knowledge of you. We pray for those who have sacrificed for us, those who love us, and those whom we love. We give thanks for all who have been examples to us, and pray that we may be an example to others. Lord, as you call us, **make us worthy of our calling.**

[you are encouraged to add your own intercessions and thanksgivings silently or aloud]

We give thanks for carers, for home helpers and social workers. We pray for all whose vocation is cut short by sickness or disease, for all whose lives are restricted by poverty or oppression. We pray for all who have lost any sense of vocation or meaning to life. Lord, as you call us, **make us worthy of our calling.**

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

Confession and Absolution

Let us confess our sins 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: Since we are justified by faith, we have peace with God through our Lord Jesus Christ. The peace of the Lord 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.

Thanksgiving for the Social Order

7. For the Diversity of Races and Cultures

O God, who created all peoples in your image, we thank you for the wonderful diversity of races and cultures in this world. Enrich our lives by ever-widening circles of fellowship, and show us your presence in those who differ most from us, until our knowledge of your love is made perfect in our love for all your children; through Jesus Christ our Lord. *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

The love of God has been poured into our hearts through the Holy Spirit he has given us; and the blessing. . .**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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This Week at St Ben's

Tuesday

9:45a Prayers for the Morning
10:15a Spiritual Conversation
5:30p Vespers

Wednesday

3:00p Earth Care Meeting

Friday

9:00a Gentle Yoga
Deacon Jen's Sabbath

Announcements

SPIRITUAL CONVERSATION: Starting June 13, the Tuesday morning Spiritual conversation will be based on ideas from Cyprian Consiglio of the New Camaldolese monastery in Big Sur. This will start with sharing a video and reading an article and then discussion based on his new book Rediscovering the Divine will start June 27. You do not have to read the book to participate. Tuesdays at 10:30 on Zoom.

DEACON JEN CROMPTON'S ORDINATION to the priesthood will be here at St. Benedict's on Wednesday, June 28th.

Take Action on Our Church's Values: The Episcopal Church provides a great set of Action Alerts on key issues before Congress. The alerts help Episcopalians automate expressing our views to our representatives in Congress. You also can edit your messages to personalize your concerns. The most recent Alert is "Urge Congress to End Gun Violence." You can see the Action Alerts at <https://www.episcopalchurch.org/ministries/office-government-relations/action-alerts/>.

PERSONAL PRAYER – If you'd like prayer support during the week, contact Louisa Beeler (805) 543-2898. If there is 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 and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

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