



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Second Sunday after Pentecost

June 11, 2023

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

~ Prelude ~

"Water"

O WALY WALY, English melody

Arr. by Chris de Silva

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Celebrant: Blessed be our God.

People: *For ever and ever. Amen.*

All: *Almighty and most merciful God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.*

♪ Hymn of Praise #437

"Tell out my soul"

Blue Hymnal

1 Tell out, my soul, the great-ness of the Lord!
2 Tell out, my soul, the great-ness of his Name!
3 Tell out, my soul, the great-ness of his might!
4 Tell out, my soul, the glo-ries of his word!

Un - num - bered bless - ings give my spi - rit voice;
Make known his might, the deeds his arm has done;
Powers and do - min - ions lay their glo - ry by.
Firm is his prom - ise, and his mer - cy sure.

ten - der to me the prom - ise of his word;
his mer - cy sure, from age to age the same;
Proud hearts and stub - born wills are put to flight,
Tell out, my soul, the great - ness of the Lord

in God my Sa - vior shall my heart re - jice.
 his ho - ly Name— the Lord, the Might - y One.
 the hun - gry fed, the hum - ble lift - ed high.
 to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary*. Copyright © 1962 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Birmingham*, from *Repository of Sacred Music, Part II*, 1813; harm. *Songs of Praise*, 1925.

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: ***O God, from whom all good proceeds: Grant that by your inspiration we may think those things that are right, and by your merciful guiding may do them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.***

Genesis 12:1-9

Reader: *A Reading from the book of Genesis*

Now the Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. Abram took his wife Sarai and his brother’s son Lot, and all the possessions that they had gathered, and the persons whom they had acquired in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the Lord appeared to Abram, and said, “To your offspring I will give this land.” So he built there an altar to the Lord, who had appeared to him. From there he moved on to the hill country on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the Lord and invoked the name of the Lord. And Abram journeyed on by stages toward the Negeb.

Reader: The word of the Lord

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

Psalm 33:1-12

Read responsively

Reader: Rejoice in the LORD, you righteous;
People: *it is good for the just to sing praises.*

Reader: Praise the LORD with the harp;
People: *play to him upon the psaltery and lyre.*

Reader: Sing for him a new song;
People: *sound a fanfare with all your skill upon the trumpet.*

Reader: For the word of the LORD is right,
People: *and all his works are sure.*

Reader: He loves righteousness and justice;
People: *the loving-kindness of the LORD fills the whole earth.*

Reader: By the word of the LORD were the heavens made,
People: *by the breath of his mouth all the heavenly hosts.*

Reader: He gathers up the waters of the ocean as in a water-skin
People: *and stores up the depths of the sea.*

Reader: Let all the earth fear the LORD;
People: *let all who dwell in the world stand in awe of him.*

Reader: For he spoke, and it came to pass;
People: *he commanded, and it stood fast.*

Reader: The LORD brings the will of the nations to naught;
People: *he thwarts the designs of the peoples.*

Reader: But the LORD's will stands fast for ever,
People: *and the designs of his heart from age to age.*

Reader: Happy is the nation whose God is the LORD!
People: *happy the people he has chosen to be his own!*

Romans 4:13-25

Reader: *A Reading from Paul's letter to the church in Rome*

The promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's

womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith “was reckoned to him as righteousness.” Now the words, “it was reckoned to him,” were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Reader: The word of the Lord

People: *Thanks be to God*

♪ Hymn Thy Word

Refrain

Thy word is a lamp un-to my feet and a light un-to my path.

Thy word is a lamp un-to my feet and a light un-to my path.

When I feel a-fraid, and I think I've lost my way, still you're there right be-side me.

Noth-ing will I fear as long as you are near.

Please be near me to the end.

The refrain of this 20th-century song is a quotation of Psalm 119:105 in the King James Version. That longest of all psalms celebrates the gift of God's law by accumulating many synonyms for it. In Christian practice, this verse has been used to give thanks for all Scripture.

Matthew 9:9-13, 18-26

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

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

As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, "Follow me."

And he got up and followed him. And as he sat at dinner in the house, many tax collectors and sinners came and were sitting with him and his disciples. When the Pharisees saw this, they said to his disciples, "Why does your teacher eat with tax collectors and sinners?" But when he heard this, he said, "Those who are well have no need of a physician, but those who are sick. Go and learn what this means, 'I desire mercy, not sacrifice.' For I have come to call not the righteous but sinners."

While he was saying these things to them, suddenly a leader of the synagogue came in and knelt before him, saying, "My daughter has just died; but come and lay your hand on her, and she will live." And Jesus got up and followed him, with his disciples. Then suddenly a woman who had been suffering from hemorrhages for twelve years came up behind him and touched the fringe of his cloak, for she said to herself, "If I only touch his cloak, I will be made well." Jesus turned, and seeing her he said, "Take heart, daughter; your faith has made you well." And instantly the woman was made well. When Jesus came to the leader's house and saw the flute players and the crowd making a commotion, he said, "Go away; for the girl is not dead but sleeping." And they laughed at him. But when the crowd had been put outside, he went in and took her by the hand, and the girl got up. And the report of this spread throughout that district.

Gospeller: The Gospel of Christ.

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

Sermon

The Rev. Jen Crompton

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

Affirmation of Faith (please stand as you are able) *Nicene Creed*

All: ***We trust in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.***

***We trust in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:***

*by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.*

*We trust in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We trust in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.*

Prayers of the People

In Christ, God reveals to us steadfast love and invites us into mercy. With grateful hearts, let us respond in prayer, saying: O gracious God, *hear our prayer.*

That we and all men and women of faith, and especially the leaders of the church, may know when propriety and order are overruled by the Spirit and may see the outcast and the insignificant as the true bearers of the word: O gracious God, *hear our prayer.*

For the capacity to endure the lashes of God's ruthless love, and for the patience to be conformed to the pattern of Christ's suffering, that we may know and proclaim the power of the resurrection: O gracious God, *hear our prayer.*

For the world's people in their brokenness and suffering and for those who make peace and do justice, that they may be strong and courageous in the face of discouragement and opposition: O gracious God, *hear our prayer.*

For those who suffer, for the sick, for the lonely, for the hungry, for victims of political oppression, that mercy and compassion may transform their sorrow into joy: O gracious God, *hear our prayer.*

For the unemployed and for those demeaned or victimized by their work, that they may find new opportunities for joy and satisfaction: O gracious God, *hear our prayer.*

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

For all who have died, especially those whose witness has strengthened and encouraged us along the way: O gracious God, *hear our prayer.*

God of steadfast love and mercy, hear our prayers, and receive the secret yearnings of our hearts. Grant our petitions in ways that are best for us and for those for whom we pray, and deepen within us an awareness of your mercy and a willingness to follow Christ, in whose name we pray.

Confession and Absolution

Let us confess our sins to God.

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: 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 each other in the chat.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.

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/lives; 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.*

Transition Prayer

O Lord,
You are the light that illumines our path.
You are the map that gives us direction.
You are the peace that makes us strong.
You are the guide whom we faithfully follow.
May your light illuminate our entire lives.
And your guidance bring direction to our work.
May we find inspiration in your Word,
And peace in our hearts as we follow you. Amen.

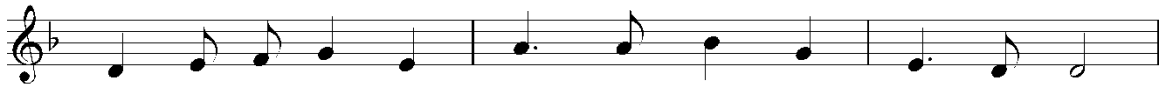
The Offertory

You can contribute at our website www.stbenslososos.org at any time.

♪ Offertory Hymn #605

What does the Lord require

Blue Hymnal



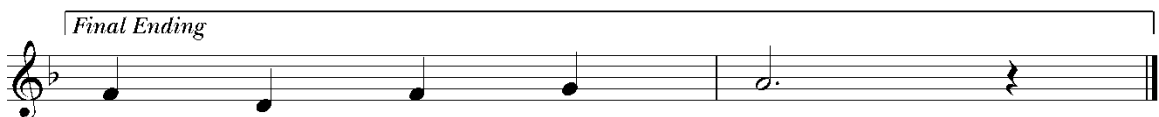
1 What does the Lord re - quire for praise and of - fer - ing?
2 Ru - lers of earth, give ear! Should you not jus - tice show?
3 Still down the a - ges ring the pro - phet's stern com - mands.
4 How shall my soul ful - fill God's law so hard and high?



What sac - ri - fice de - sire, or trib - ute bid you bring?
Will God your plead - ing hear, while crime and cruel - ty grow?
To mer - chant, work - cr, king he brings God's high de - mands.
Let Christ en - due our will with grace to for - ti - fy.



Do just - ly; love mer - cy; walk hum - bly with your God.
Do just - ly; love mer - cy; walk hum - bly with your God.
Do just - ly; love mer - cy; walk hum - bly with your God.
Then just - ly; in mer - cy we'll (hum - bly walk with God.)



hum - bly walk with God.

Words: Albert F. Bayly (1901-1984), alt. Copyright © 1949 Albert Bayly. Used by permission of Oxford University Press.
Music: *Sharpthorne*, Erik Routley (1917-1982). Copyright © 1969 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission.

♪ 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

BCP Prayer B

Celebrant: The Lord be with you all.

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 God thanks and praise.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

♪ Sanctus

WLP 785

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

Words: Variation on a traditional liturgical text. Music: Composer of melody unknown; arr. based on a two-part version as taught by Pablo D. Sosa (b. 1933).

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

*All: We remember his death,
We proclaim his resurrection,
We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN.*

The Lord's Prayer

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

*Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.*

Give us this day our daily bread.

*And forgive us our trespasses,
as we forgive those
who trespass against us.*

*And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.*

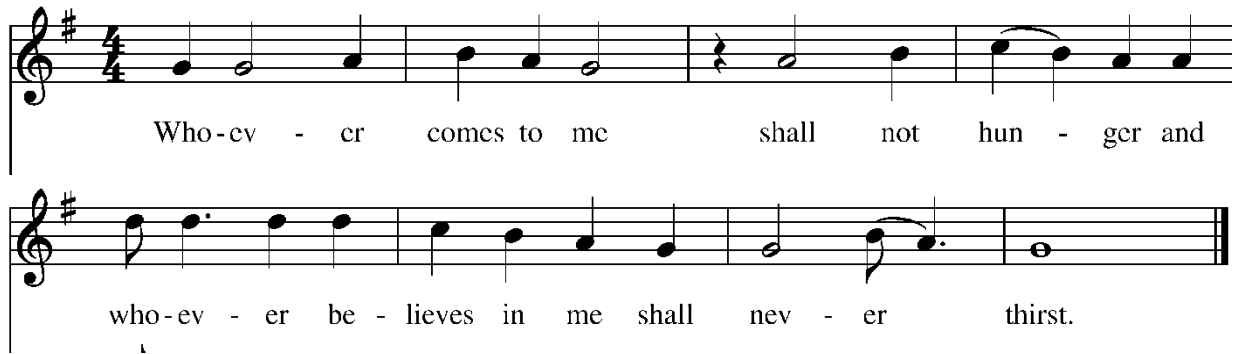
The Breaking of the Bread

The celebrant breaks the Bread

♪ 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.

Holy Communion

Celebrant: Alleluia. Christ our Passover is sacrificed for us;

People: *Therefore let us keep the feast. Alleluia.*

The celebrant continues:

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 and invited to receive communion.
Please contact the church office to arrange to receive communion in your home.*

♪ Communion Music

"Breath"

ST. COLUMBA, Irish melody

Arr. Chris de Silva

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♪ Communion Hymn #321

My God thy table

Blue Hymnal

Silence

Prayer

From Church of England

Eternal God, we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.

And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. 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 #544

Jesus shall reign

Blue Hymnal

1 Je - sus shall reign wher - e'er the sun doth his suc -
2 To him shall end - less prayer be made, and prais - es
3 Peo - ple and realms of ev - ery tongue dwell on his
4 Bless - ings a - bound wher - e'er he reigns: the pris - oners
5 Let ev - ery crea - ture rise and bring pe - cu - liar

1 ces - sive jour - neys run; his king - dom stretch from
2 throught to crown his head; his Name like sweet per -
3 love with sweet - est song; and in - fant voic - es
4 leap to lose their chains, the wea - ry find e -
5 hon - ors to our King; an - gels de - scend with

1 shore to shore, till moons shall wax and wane no more.
2 fume shall rise with ev - ery morn - ing sac - ri - fice.
3 shall pro - claim their ear - ly bless - ings on his Name.
4 ter - nal rest, and all who suf - fer want are blest.
5 songs a - gain, and earth re - peat the loud a - men.

Words: Isaac Watts (1674-1748), alt. Music: *Duke Street*, John Hatton (d. 1793).

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

“This Little Light of Mine”

Music attributed to Harry Dixon Loes

Arr. by Mark Hayes

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Today's Eucharist Liturgy
is from the outline in the Book of Common Prayer.
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Ministers of the Service

Celebrant:	The Rev. Barry Turner
Preacher:	The Rev. Jen Crompton
Eucharistic Minister:	Diana Hammerlund
Deacon:	Jen Crompton
Lector:	Bryson McKelvey
Flowers:	Elaine Beckham
Ushers:	Jim Malone & Sandy Fisher
Intercessor:	Helen Schneiders
Altar Guild:	Lisa Gonzalez
Tellers:	Sandy Fisher & Bryson McKelvey
Online Host:	Jane Wu
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Tuesday, June 13

9:45a Prayers for the Morning

10:30a Spiritual Conversation

5:30p Vespers

Friday, June 16

9:00a Gentle Yoga

5:30p Messy Church

Saturday, June 17

9:00a Men's Breakfast at Celas Garden Cafe

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 Sandy Fisher (661-805-2882). 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.

ON-GOING ACTIVITIES AT ST. BEN'S

ABUNDANCE SHOP– Thrift shop at 2025 9th St.

COMMUNITY DINNER – Providing and serving food at SBCC, on 1st Wednesday of odd-numbered months, in conjunction with Los Osos Cares.

EARTHCARE – Discussion/action group seeking local solutions to environmental concerns. 3rd Wednesdays 3:00 pm on ZOOM

GENTLE YOGA - Fridays at 9am by donation

HEALING SERVICE – A time for prayers for healing at the 10:30 service on 5th Sundays.

LAUNDRY LOVE – Helping low-income families with funds, soap, and friendly assistance at Osos Clean Laundry. 11am and 4pm on last Wednesday of each month.

MEN'S BREAKFAST GROUP – Morning social gathering, 3rd Saturdays 9am at Celia's Garden Cafe

PEOPLE'S KITCHEN – Providing and serving lunch at 40 Prado, 1st Saturday of even numbered months

SPIRITUAL CONVERSATION - a lively on-line conversation, often based on a book. Tuesdays 10:15am

VESPERS AND CONVERSATION – 5:30 pm Tuesdays

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tiłhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

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.

Our Inclusivity Statement

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.



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