



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday after Pentecost

June 18, 2023—Juneteenth Observed

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

## ~ Prelude ~

"First Arabesque"

Claude Debussy

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 #432

## O Praise ye the Lord

Blue Hymnal

1 O praise ye the Lord! Praise him in the height;  
2 O praise ye the Lord! Praise him up - on earth,  
\*3 O praise ye the Lord! All things that give sound;  
4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;  
in tune - ful ac - cord, all ye of new birth;  
each ju - bi - lant chord re - ech - o a - round;  
to him be out - poured all a - ges a - long!

ye hea - vens, a - dore him by whom ye were made,  
praise him who hath brought you his grace from a - bove,  
loud or - gans, his glo - ry forth tell in deep tone,  
For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.  
 praise him who hath taught you to sing of his love.  
 and sweet harp, the sto - ry of what he hath done.  
 for grace of sal - va - tion, O praise ye the Lord!

Words: Henry Williams Baker (1821-1877), alt.; based on Psalms 148 and 150. Music: *Laudate Dominum*, Charles Hubert Hastings Parry (1848-1918).

## Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

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

Reader: *A Reading from the book of Genesis*

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.”

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

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

## **Psalm 116:1, 10-17**

Read responsively.

Reader: I love the LORD, because he has heard the voice of my supplication,

People: ***because he has inclined his ear to me whenever I called upon him.***

Reader: How shall I repay the LORD

People: ***for all the good things he has done for me?***

Reader: I will lift up the cup of salvation

People: ***and call upon the Name of the LORD.***

Reader: I will fulfill my vows to the LORD

People: ***in the presence of all his people.***

Reader: Precious in the sight of the LORD

People: ***is the death of his servants.***

Reader: O LORD, I am your servant;

People: ***I am your servant and the child of your handmaid;***

All: ***you have freed me from my bonds.***

Reader: I will offer you the sacrifice of thanksgiving

People: ***and call upon the Name of the LORD.***

Reader: I will fulfill my vows to the LORD

People: ***in the presence of all his people,***

Reader: In the courts of the LORD'S house,

People: ***in the midst of you, O Jerusalem.***

All: ***Hallelujah!***

## **Romans 5:1-8**

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

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.

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

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

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.

Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

**Matthew 9:35-10:8-23**

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

People: *Glory to You, Lord Christ.*

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: 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

*cf Philipians 2.6-11*

*Let us affirm our faith in Jesus Christ the Son of God.*

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.***

Deacon: *As we enter this Juneteenth holiday celebration, we offer prayers for ourselves and the world.*

## Prayers of the People

That those entrusted with authority in our nation may support the changes needed in order to exercise leadership and promote healing in an authentic, responsible, and peaceful manner, we pray *may we accept the call to be bearers of peace.*

That the fullness of justice and compassion may be extended to the victims and families who have been subjected to violence, abuse, discrimination, murder, or the threat of, we pray *may we accept the call to be bearers of peace.*

That our communities and our schools may find ways to actively participate in efforts to eliminate violence, especially violence against black and brown people, so that this country may take the lead in fostering conditions for healing racial division, we pray *may we accept the call to be bearers of peace.*

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

That all who gather this week to remember Juneteenth be able to freely, peaceably, and in celebration with us, remember together, we pray . . . *may we accept the call to be bearers of peace.*

That we be courageous in living out the Gospel, we pray *may we accept the call to be bearers of peace.*

*We pray, O Lord, for change. Jesus you revealed God through your wise words and loving deeds, and we encounter you still today in the faces of those whom society has pushed to the margins. Guide us, through the love you revealed, to establish the justice you proclaimed, that all peoples might dwell in harmony and peace, united by that one love that binds us to each other, and to you. And most of all, Lord, change our routine worship and work into genuine encounter with you and our better selves so that our lives will be changed for the good of all. Amen.*

Prayer adapted from Racial Healing and Liturgical Resources of the Arch diocese of Baltimore

## 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, please share in the chat.

### 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](http://www.stbenslososos.org) at any time.

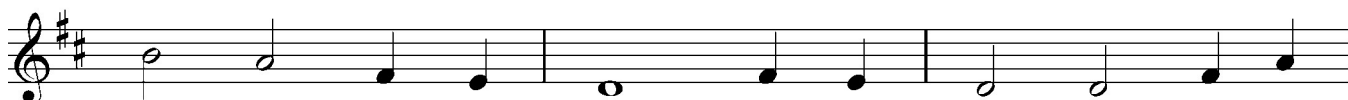
### ♪ Offertory Hymn #686

### Come Thou Fount

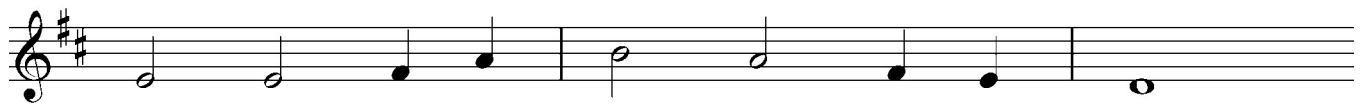
Blue Hymnal



1 Come, thou fount of ev - ery bless - ing, tune my  
2 Here I find my great - est trea - sure; hith - er,  
3 Oh, to grace how great a debt - or dai - ly



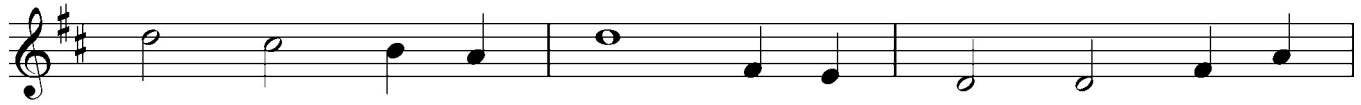
heart to sing thy grace! Streams of mer - cy nev - er  
by thy help, I've come; and I hope, by thy good  
I'm con - strained to be! Let thy good - ness, like a



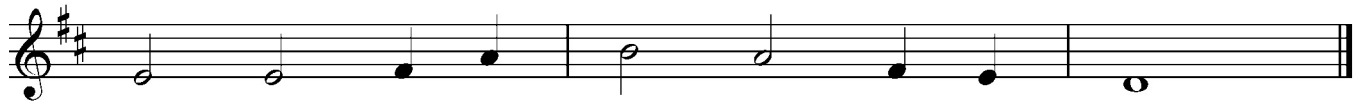
ceas - ing, call for songs of loud - est praise.  
 plea - sure, safe - ly to ar - rive at home.  
 fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by  
 Je - sus sought me when a stran - ger wan - dering  
 prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me  
 from the fold of God; he, to res - cue me from  
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.  
 dan - ger, in - ter - posed his pre - cious blood.  
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934).

## ♪ 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 III 1

Celebrant: The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit 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.*

We rejoice to give you thanks and praise, All-Compassionate One. You are constantly calling us to follow you and to discover our true identity as your daughters and sons, children of the Creator God.



From the beginning of time you invited us into co-creative relationship with you. But, thinking that we could do it better, we forgot our dependence on you and went our own ways. Again and again your Spirit reveals you, calling us to our senses and you welcome us back, inviting us to join you at the heavenly banquet.

Your unbounded and loving forgiveness fills the universe with hope and joy. And so we join the saints and angels in the song that rings through the universe, as we sing:

## ♪ 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*

In your infinite love and wisdom, you sent your Son, your very essence, to be incarnate as a human, to show us the path you have called us to walk on, the path of generosity, love and holiness.

Jesus the Christ challenged our limited thinking and demonstrated that you are a God of glory, a God who transcends all human barriers. He gave us glimpses of our true life in you, and he demonstrated life in the reign of God through compassion and forgiveness. Living among us, Jesus taught us to forgive, to show mercy and to love all beings. Through his obedience to his own calling he brought salvation to the whole creation, and taught us to walk in his footsteps. Even at the last he chose a path of nonviolence and forgave those who taunted, tortured and crucified him.

On the night he was handed over to suffering and death, Jesus took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, saying,

"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 all for the forgiveness of sins.

Whenever you drink it, do this for the remembrance of me."

Recalling now his suffering and death, and celebrating his resurrection and ascension, we await his coming in glory. Accept, O God, our sacrifice of praise, this memorial of our redemption. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. And grant that we who eat this bread and drink this cup may be filled with your life and goodness.

*All    May the spirit of unconditional love and inclusion  
which dwelt in your Son dwell also in us,  
that we, being renewed by the Holy Spirit,  
may walk humbly with you,  
showing kindness and mercy all our days,  
until all your people are gathered into your Body  
and your reign is fulfilled in heaven and on earth.  
All this we ask through your Son Jesus Christ.  
By him, and with him, and in him,  
in the unity of the Holy Spirit  
all honor and glory is yours, All Compassionate Creator,  
now and for ever. Amen.*

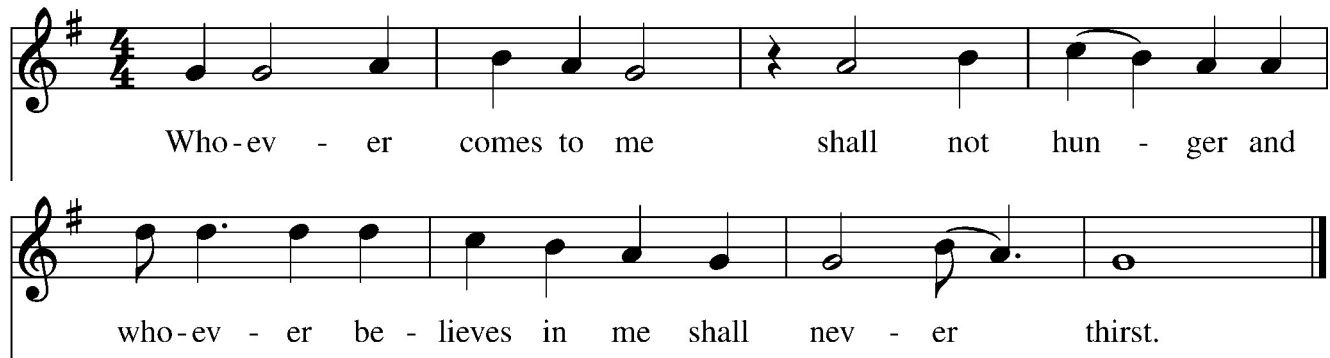
## The Lord's Prayer

And now, as our Savior Christ has taught us, we sing:

## The Breaking of the Bread

### ♪ Fraction Anthem

WLP 878



Who-ev - er comes to me shall not hun - ger and  
who-ev - er be - lieves in me shall nev - er thirst.

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

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

### ♪ Communion Music

We Are the Reason	arr. Ken Barker
Written in Red	arr. Bill Wolaver
Make Me a Servant	arr. Carol Tornquist

♩ Communion Hymn #325

Let us Break Bread

Blue Hymnal



1 Let us break bread to - geth-er on our knees; \_\_\_\_\_  
 2 Let us drink wine to - geth-er on our knees; \_\_\_\_\_

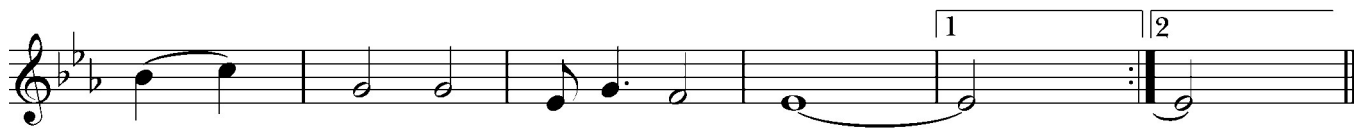


let us break bread to - geth-er on our knees; \_\_\_\_\_  
 let us drink wine to - geth-er on our knees; \_\_\_\_\_

*Refrain*



when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. \_\_\_\_\_



3 Let us praise God to - geth-er on our knees; \_\_\_\_\_



let us praise God to - geth-er on our knees; \_\_\_\_\_

*Refrain*



when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. \_\_\_\_\_

Words: African-American spiritual. Music: *Let Us Break Bread*, Afro-American spiritual; arr. and harm. David Hurd (b. 1950).

Silence

**Prayer**

Eternal God, whose Son at supper prayed  
 that his disciples might be one,  
 as he is one with you:

draw us closer to him,  
 that in common love and obedience to you  
 we may be united to one another  
 in the fellowship of the one Spirit,  
 that the world may believe that he is Lord,  
 to your eternal glory;  
 through Jesus Christ our Lord. Amen.

From Church of England

## 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

### Lift Every Voice

LEVAS #1

1. Lift ev - 'ry voice and sing, Till earth and heav - en  
 2. Sto - ny the road we trod, Bit - ter the chast - 'ning  
 3. God of our wea - ry years, God of our si - lent

1. ring, Ring with the har - mo - nies of lib - er -  
 2. rod, Felt in the days when hope un - born had  
 3. tears, Thou who hast brought us thus far on the

1. ty; Let our re - joic - ing rise High as the list - 'ning  
 2. died; Yet with a stead - y beat, Have not our wear - y  
 3. way; Thou who hast by thy might, Led us in - to the

1. skies, Let it re - sound loud as the roll - ing sea. \_\_\_\_\_  
 2. feet Come to the place for which our fa - thers sighed? \_\_\_\_\_  
 3. light, Keep us for - ev - er in the path, \_\_\_ we pray. \_\_\_\_\_

1. Sing a song full of the faith that the dark past has taught us;  
 2. We have come o - ver a - way that with tears has been wa - tered;  
 3. Lest our feet stray from the pla - ces, our God, where we met thee;

1. brought \_\_\_ us; Fac - ing the ris - ing sun Of our new  
 2. slaugh - tered; Out from the gloom - y past, Till now we  
 3. get \_\_\_ thee, Shad - owed be - neath Thy hand, May we for -

1. day be - gun, Let us march on till vic - to - ry \_\_\_ is won.  
 2. stand at \_\_\_ last Where the white gleam of our bright star \_\_\_ is cast.  
 3. ev - er \_\_\_ stand, True to our God, true to our na - tive land.

## 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

*“Little Prelude in g minor”*

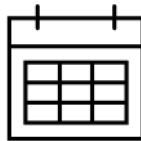
J.S. Bach

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Today's Eucharist Liturgy  
is from the outline in the Book of Common Prayer, page 401,  
utilizing prayers written by the Rev. Dr. Caro+ Hall  
Music reproduced and broadcast under OneLicense #A706314

## Ministers of the Service

Celebrant:	The Rev. Barry Turner
Deacon:	Rev. Jen Crompton
Eucharistic Minister:	Sarah Chesebro
Lector:	John Horsley
Flowers:	Sarah Chesebro
Ushers:	Brian Spolarich & Alan Kiste
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Elaine Beckham
Tellers:	Alice Welchert & Steve Cake
Music:	Ann Lucas
Technical:	Hannah-Jaye Matthew



## 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 Sandy Fisher (661-805-2882). Prayer requests may also be emailed at any time to [prayers@stbenslosos.org](mailto:prayers@stbenslosos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslosos.org](mailto:pastoralcare@stbenslosos.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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