

St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California The Fourth Sunday after Pentecost

June 25, 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 ~

"Tis the Gift to Be Simple"
Arr. Anna Laura Page

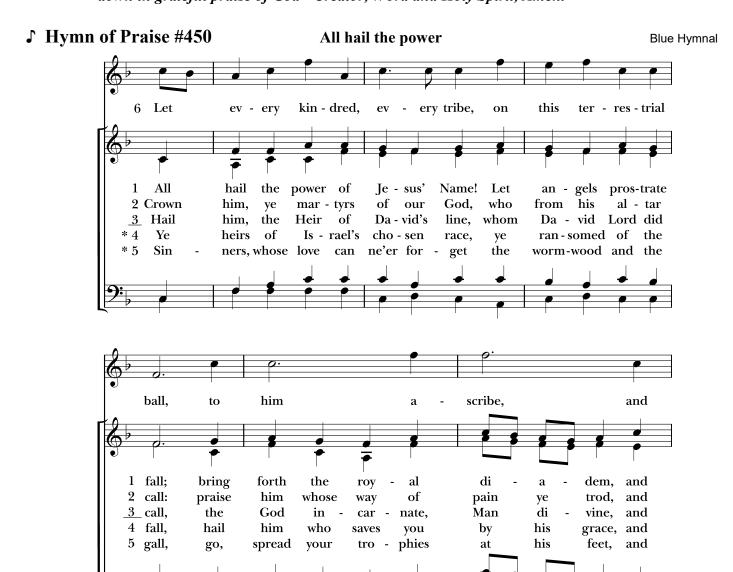
Celebrant: Blessed be the one, holy, and living God.

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.





6 Let every kindred, every tribe, on this terrestrial ball, to him all majesty ascribe, and crown him Lord of all!

Words: Edward Perronet (1726-1792), alt. Music: *Coronation*, Oliver Holden (1765-1844), alt.; desc. Michael E. Young (b. 1939). Descant, Copyright © 1979, G.I.A. Publications, Inc.

Collect of the Day

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Let us pray together.

All: God of truth uncovered, you trace the sparrow's flight, and plumb the secret places of the heart: bring our fear and conflict into the light of your presence; help us to lose our hollow life and find our way to you; through Jesus Christ, the master and the slave. Amen.

Prayers for an Inclusive Church

Genesis 21:8-21

Reader: A Reading from the book of Genesis

The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, "Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac." The matter was very distressing to Abraham on account of his son. But God said to Abraham, "Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named for you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring." So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, "Do not let me look on the death of the child." And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, "What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him." Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink.

God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

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

People: Thanks be to God

Psalm 86:1-10, 16-17

Read responsively.

Reader: Bow down your ear, O Lord, and answer me,

People: for I am poor and in misery.

Reader: Keep watch over my life, for I am faithful; People: save your servant who puts his trust in you.

Reader: Be merciful to me, O Lord, for you are my God;

People: I call upon you all the day long.

Reader: Gladden the soul of your servant,

People: for to you, O Lord, I lift up my soul.

Reader: For you, O Lord, are good and forgiving,

People: and great is your love toward all who call upon you.

Reader: Give ear, O Lord, to my prayer,

People: and attend to the voice of my supplications.

Reader: In the time of my trouble I will call upon you,

People: for you will answer me.

Reader: Among the gods there is none like you, O Lord,

People: nor anything like your works.

Reader: For you are great;

People: you do wondrous things;
All: and you alone are God.

Reader: Turn to me and have mercy upon me;
People: give your strength to your servant;
All: and save the child of your handmaid.

Reader: Show me a sign of your favor,

People: so that those who hate me may see it and be ashamed;
All: because you, O Lord, have helped me and comforted me.

Romans 6:1b-11

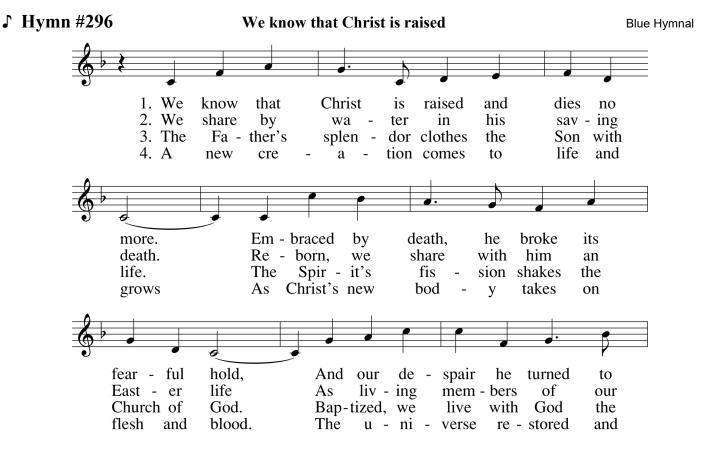
Reader: A Reading from Paul's letter to the church in Rome

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

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

People: Thanks be to God





Text: Romans 6:4, 9; John B. Geyer, b.1932, © Tune: ENGELBERG, 10 10 10 with alleluia; Charles V. Stanford, 1852-1924

Matthew 10:24-39

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

Glory to You, Lord Christ. People:

Jesus said to the twelve disciples, "A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

"So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

"Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

"Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it."

Gospeller: The Gospel of Christ. People: Praise to You, Lord Christ.

Sermon

Sister Greta Ronningen

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

Affirmation of Faith

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

All We believe in God the Creator,
from whom every family
in heaven and on earth is named.
We believe in God the Redeemer,
who lives in our hearts through faith,
and fills us with God's love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
Creator, Redeemer and Holy Spirit.

Adapted from the Church of England

Prayers of the People

Lord, you have called us to serve you, you have called us to heal, you have called us to love. Bless the work of the church in places of neglect and deprivation. We pray for all who work in the healing ministry. Lord, we come to you, *for you alone can make us whole.*

We pray for all who work in the world of commerce, for bankers, tax-collectors, insurance brokers. We remember all who are deeply in debt and cannot repay. We pray for countries where the national debt is crippling. Lord, we come to you, *for you alone can make us whole.*

Lord, may we come reaching out to touch you; may we come in faith.

We pray for those who brought us to your presence. We pray for homes where there is chronic illness, or the illness of a child. Lord, we come to you, *for you alone can make us whole*.

We remember before you all who are outcasts. We pray for the broken-hearted and the broken-spirited. We pray for all who find themselves in desperate situations. For all who are anxious about their health of a loved one. Lord, we come to you, *for you alone can make us whole.*

We give thanks for all who have been restored by your touch, and all whom you have raised from the point of death. We pray especially for

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

Lord, we come to you, for you alone can make us whole.

Lord Jesus Christ, everlasting Son of the Father, who for our sakes humbled yourself, help us to heed your call. Give us a spirit of humble service that we may reach out to others in love, Christ our Lord, who with the Father and the Spirit lives and reigns for evermore. Amen.

David Adam, Clouds and Glory: Prayers for the Church, Year A

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: Know that Christ, being raised from the dead, will never die again; and the peace of the Lord 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.

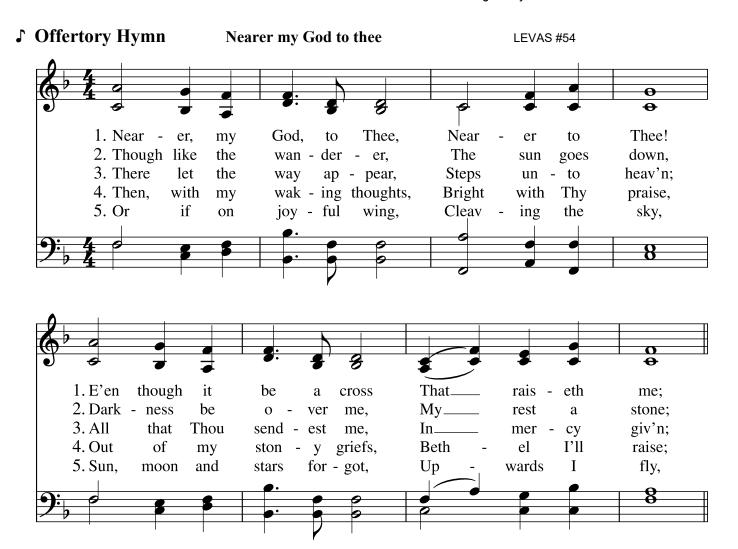
And your guidance bring direction to our work.

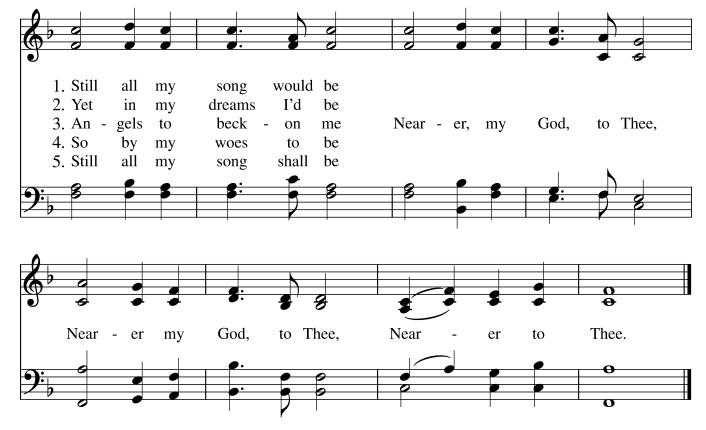
May we find inspiration in your Word,

And peace in our hearts as we follow you. Amen.

The Offertory

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





Words: Sarah F. Adams (1805-1948). Music: Bethany, Lowell Mason (1792-1872).

[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 lona

Celebrant:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Celebrant: May Christ be with you,

All: And also with you.

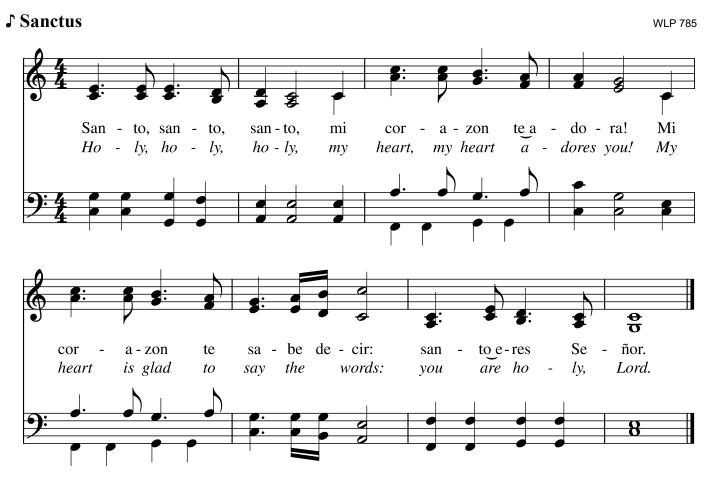
Celebrant: Lift up your hearts,

All: We lift them up to God.

Celebrant: Let us give thanks to God,

All: It is right to give both thanks and praise.

Celebrant: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:



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).

Celebrant: Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, This is my body, given to you.

In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying,

This cup is the new relationship with God, sealed with my blood. Take this and share it.

I shall drink wine with you next in the coming Kingdom of God.

All: Loving God,

through your goodness we have this bread and wine to offer, which earth has given and human hands have made.

May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.

We celebrate the life that Jesus has shared among his community through the centuries, and shares with us now.

Made one in Christ and one with each other, we offer these gifts and with them ourselves, a single, holy, living sacrifice. Amen.

Celebrant:

Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: Through Christ and with Christ and in Christ, all honor and glory are yours, All-Compassionate God, in the unity of the Holy Spirit, for ever and ever. AMEN

The Lord's Prayer

And now, as our Savior Christ has taught us, we pray

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,

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 peoples 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.

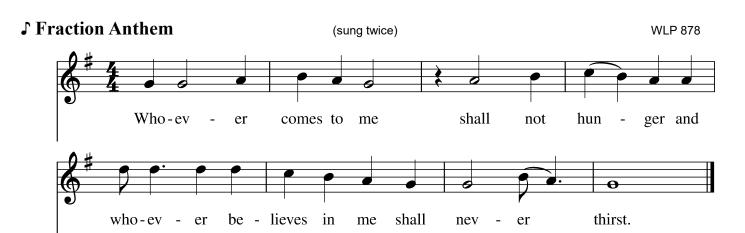
For you reign in the glory of the power that is love, now and for ever.

Amen.

The Breaking of the Bread

The celebrant breaks the Bread

silence



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

Holy Communion

5

you_

Look, the Body of Christ is broken for the life of the world.

Here is Christ coming to us in bread and wine.

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

"I Surrender All" Arr. Greg Howlett
"Sweet Hour of Prayer" Arr. Teresa Wilhelmi

♪ Communion Hymn #335 I am the bread of Life Blue Hymnal 1 of the bread life;_ they who am 2 (The) Bread that_ Ι will give____ is my you 3 (Un-) of the less. eat_ the rec - tion, 4 I am re sur 5 (Yes,) Lord, be lieve____ that____ we 1 shall hun - ger; who be come they to me not_ 2 the world,____ Flesh for the life of and they who Flesh of the Son of_ Man____ and_{-} 4 the____ life._ They who be am

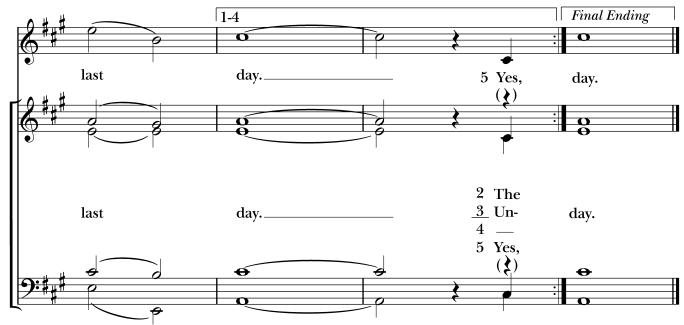
Christ,_

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The descant may be sung after stanzas 4 and 5.

Words: Suzanne Toolan (b. 1927), adapt. of John 6. Copyright © 1971, G.I.A. Publications, Inc. Music: *I Am the Bread of Life*, Suzanne Toolan (b. 1927); arr. Betty Pulkingham (b. 1928). Copyright © 1971, G.I.A. Publications, Inc.

Silence

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.

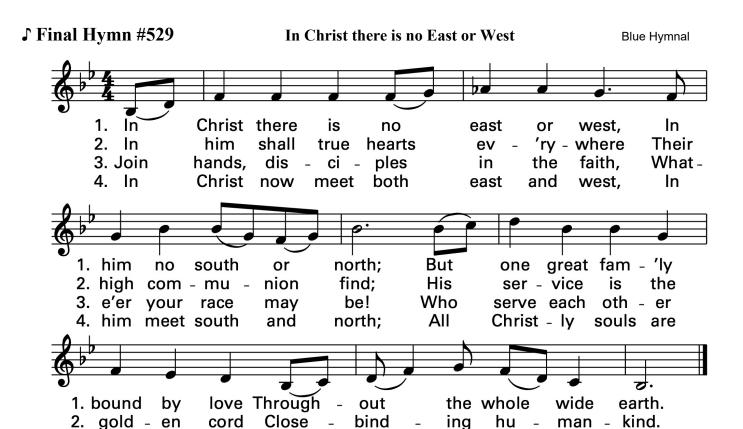
(Source: Enriching our Worship)

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



Text: CM; Galatians 3:28; John Oxenham, 1852–1941. Music: Spiritual; adapted by Harry T. Burleigh, 1866–1949.

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Celebrant: Alleluia! Alleluia! Let us go forth into the world,

rejoicing in the power of the Spirit.

Are

him, Through

All: Thanks be to God. Alleluia! Alleluia!

Christ's love

in

♪ Postlude

"O Worship the King"
Arr. Joel Raney

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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Ministers of the Service

Celebrant: Sister Greta Ronningen

Eucharistic Minister: Brian Spolarich Lector: Alan Kiste Flowers: Sharon Porter

Ushers: Connie Weldon & Maureen Titus

Intercessor:

Altar Guild:

Online Host:

Tellers:

Sandy Fisher

Lenny Cotta

Elaine Beckham

Lorienne Schwenk

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

11:00a Laundry Love 4:00p Laundry Love

5:30p Jen Crompton's Ordination

Friday

9:00a Gentle Yoga

All Day Priest Jen's Sabbath

Announcements

SPIRITUAL CONVERSATION: The Tuesday morning Spiritual conversation is 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.

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

<u>prayers@stbenslososos.org</u> and requests for pastoral care may be sent to <u>pastoralcare@stbenslososos.org</u>.

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.



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

