

# St. Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

St. Benedict's Day, Observed

July 9, 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 are you, holy and living One.

People: *Glory to God for ever and ever.*

All: *Holy and Life-Giving Spirit, You know our innermost thoughts even before they break through into consciousness; You teach us how to pray. Breathe your breath into our hearts and minds this morning. Prepare us for worship, that our thoughts may turn to you and our hearts bow down in grateful praise of God - Creator, Word and Holy Spirit, Amen*

**Canticle B**

**A Song of Pilgrimage**

**Ecclesiasticus 51:13-16,20b-22**

Before I ventured forth,  
even while I was very young, \*  
I sought wisdom openly in my prayer.  
In the forecourts of the temple I asked for her, \*  
and I will seek her to the end.  
From first blossom to early fruit, \*  
she has been the delight of my heart.  
My foot has kept firmly to the true path, \*  
diligently from my youth have I pursued her.  
I inclined my ear a little and received her; \*  
I found for myself much wisdom and became adept in her.  
To the one who gives me wisdom will I give glory, \*  
for I have resolved to live according to her way.  
From the beginning I gained courage from her, \*  
therefore I will not be forsaken.  
In my inmost being I have been stirred to seek her, \*  
therefore have I gained a good possession.  
As my reward the Almighty has given me the gift of language,\*  
and with it will I offer praise to God.

**Collect of the Day**

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Everlasting God, we give you thanks for the purity and humility with which you endowed your servant Benedict: Grant us grace, in union with his example and prayers, to hallow and conform our souls and bodies to the purpose of your most holy will; through Christ our Lord. Amen.*

Prayers for an Inclusive Church, Church Pub. 2009

### **Proverbs 2:1-9**

Lector: *A Reading from the Book of Proverbs*

My child, if you accept my words  
and treasure up my commandments within you,  
making your ear attentive to wisdom  
and inclining your heart to understanding;  
if you indeed cry out for insight,  
and raise your voice for understanding;  
if you seek it like silver,  
and search for it as for hidden treasures—  
then you will understand the fear of the LORD  
and find the knowledge of God.

For the LORD gives wisdom;  
from his mouth come knowledge and understanding;  
he stores up sound wisdom for the upright;  
he is a shield to those who walk blamelessly,  
guarding the paths of justice  
and preserving the way of his faithful ones.

Then you will understand righteousness and justice  
and equity, every good path;

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

### **Psalm 1**

Source: The Psalter © 1994 Liturgy Training Publications

1 Happy are they who have not walked in the counsel of the wicked, \*  
nor lingered in the way of sinners,  
nor sat in the seats of the scornful!

2 Their delight is in the law of the Lord, \*  
and they meditate on his law day and night.

3 They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; \*  
everything they do shall prosper.

4 It is not so with the wicked; \*  
they are like chaff which the wind blows away.

5 Therefore the wicked shall not stand upright when judgment comes, \*  
nor the sinner in the council of the righteous.

6 For the Lord knows the way of the righteous, \*  
but the way of the wicked is doomed.

## **Luke 14:27–33**

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to Luke.  
People: *Praise and Glory to God.*

Jesus said to the crowd, "Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, 'This fellow began to build and was not able to finish.' Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions."

Gospeller: This is the Gospel of Christ.  
People: *Praise to Christ, the Word.*

## **Discussion of the Readings**

### **Prayers of the People**

Ever-present and loving God, we give you thanks for Saint Benedict, in whose name our church is dedicated; may we heed your call to follow his example of love and service. Holy One, as you call us, *make us worthy of our calling.*

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;  
*For our families, friends, and neighbors, and for those who are alone.*

For this community, the nation, and the world;  
*For all who work for justice, freedom, and peace.*

For the just and proper use of your creation;

***For the victims of hunger, fear, injustice, and oppression.***

For all who are in danger, sorrow, or any kind of trouble;

***For those who minister to the sick, the friendless, and the needy.***

For the peace and unity of the Church of God;

***For all who proclaim the Gospel, and all who seek the Truth.***

For Presiding Bishop Michael and our Bishop Lucinda; and for all bishops and other ministers;

***For all who serve God in his Church.***

For the special needs and concerns of this congregation.

[Here we add other prayers starting with the requests in the bidding book.  
Please add your own prayers or thanksgivings silently or aloud.]

Hear us, Lord; ***For your mercy is great.***

We thank you, Lord, for all the blessings of this life.

*Silence*

We will exalt you, O God our King; ***And praise your Name for ever and ever.***

We pray for all who have died, that they may have a place in your eternal kingdom.

*Silence*

Lord, let your loving-kindness be upon them; ***Who put their trust in you.***

Celebrant: *Eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. Amen*

## **Confession and Absolution**

Let us confess our sins to God.

*Silence may be kept.*

***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: The peace of Christ 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.*

*PRINT VERSION ENDS HERE*

## **Holy Eucharist**

EDW I

Celebrant The Lord be with you.

People ***And also with you.***

Celebrant Lift up your hearts.

People ***We raise our hearts to God.***

Celebrant Let us thank the giver of life..

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

Celebrant It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we say:

*Celebrant and People*

***Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.***

***Hosanna in the highest.***

***Blessed is the one who comes in the name of the Lord.***

***Hosanna in the highest.***

All

***Blessed are you, gracious God,  
creator of the universe and giver of life.  
You formed us in your own image  
and called us to dwell in your infinite love.  
You gave the world into our care  
that we might be your faithful stewards  
and show forth your bountiful grace.  
But we failed to honor your image***

*in one another and in ourselves;  
we would not see your goodness in the world around us;  
and so we violated your creation,  
abused one another,  
and rejected your love.  
Yet you never ceased to care for us,  
and prepared the way of salvation for all people.  
Through Abraham and Sarah  
you called us into covenant with you.  
You delivered us from slavery,  
sustained us in the wilderness,  
and raised up prophets  
to renew your promise of salvation.  
Then, in the fullness of time,  
you sent your eternal Word,  
made mortal flesh in Jesus.  
Born into the human family,  
and dwelling among us,  
he revealed your glory.  
Giving himself freely to death on the cross,  
he triumphed over evil,  
opening the way of freedom and life.*

The Celebrant continues.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said:

“Take, eat:

This is my Body which is given for you.

Do this for the remembrance of me.”

As supper was ending, Jesus 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 poured out for you and for all  
for the forgiveness of sins.

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

Therefore we proclaim the mystery of faith:

Celebrant and People

*Christ has died.*

*Christ is risen.*

*Christ will come again.*

The Celebrant continues

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus

Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with the Blessed Virgin Mary, Blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Celebrant and People

*Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise,  
for ever and ever. 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: ***God of abundance,***

***You have fed us with the bread of life and the cup of salvation;***

***You have united us with Christ and one another;***

***And you have made us one with all your people in heaven and on earth***

***Now send us forth***

***In the power of your Spirit,***

***That we may proclaim your redeeming love to the world and continue for ever***

***In the risen life of Christ our Savior. Amen***

## **The Blessing**

## **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  
"Enriching Our Worship" Supplemental Liturgical Materials  
prepared by The Standing Liturgical Commission of the Episcopal Church  
© 1997 Church Publishing Incorporated, New York. Used with permission.



## **St. Benedict's Episcopal Church**

2220 Snowy Egret Lane, Los Osos CA 93402

P.O. Box 6877, Los Osos CA 93412

Phone: (805) 528-0654 Email: [office@stbenslososos.org](mailto:office@stbenslososos.org)



Website: [www.stbenslososos.org](http://www.stbenslososos.org)

### **This Week at St Ben's**

Monday, July 10

5:30pm Liturgy Committee via Zoom

Tuesday, July 11

9:45a Prayers for the Morning

10:30a Spiritual Conversation

5:30p Vespers

7:00p Resonance Rehearsal

Saturday, July 15

9:00a Men's Breakfast

### **ANNOUNCEMENTS**

**The Kitchen Crew is fine tuning the Potluck schedule.** Below you will find the assignments for what to bring:

For our next potluck on **August 6:**

If your last name begins with **A thru F**, please bring a **Dessert**

If your last name begins with **G thru L**, please bring a **Main Dish**

If your last name begins with **M thru Z**, please bring a **Salad or a Side dish**

**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](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

**The Altar Guild** serves each Sunday by setting up and creating sacred space and then putting the vessels and linens away at the end as well as by looking after everything we use in worship. There are openings for two or more people to join the team. If God is calling you to this special ministry please talk to Diana Hammerlund.

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

### **VESTRY / PARISH COUNCIL**

- Maureen Titus, Presiding Warden
- Sandy Fisher, People's Warden
- Lisa Gonzalez, Treasurer
- Cathy Gildea, Clerk
- Pamela Bleisch
- Sarah Chesebro
- Diana Hammerlund
- Berkeley Johnson
- Esta Kandarian
- Helen Schnieders

The Council usually meets on the 3rd Sunday of the month at 12:30pm. Anyone is welcome to attend.