



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Seventh Sunday after Pentecost

July 16, 2023 8 am

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

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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.*

## Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Divine sower, scattering seed, never hoarding, wasting life—or so the world thinks: give us the depth to receive the gift so freely given and the maturity to revel in love's abundant, reckless growth; through Jesus Christ, the grain of life. Amen.*

from *Prayers for and Inclusive Church*, by Steven Shakespeare

## Genesis 25:19-34

Reader: *A reading from the book of Genesis*

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife

Rebekah conceived. The children struggled together within her; and she said, “If it is to be this way, why do I live?” So she went to inquire of the Lord. And the Lord said to her,

“Two nations are in your womb,  
and two peoples born of you shall be divided;  
the one shall be stronger than the other,  
the elder shall serve the younger.”

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau’s heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, “Let me eat some of that red stuff, for I am famished!” (Therefore he was called Edom.) Jacob said, “First sell me your birthright.” Esau said, “I am about to die; of what use is a birthright to me?” Jacob said, “Swear to me first.” So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Reader: *Hear What the Spirit is saying to God’s people.*

All: ***Thanks be to God***

## **Psalm 119:105-112**

- 105 Your word is a lantern to my feet \*  
and a light upon my path.
- 106 I have sworn and am determined \*  
to keep your righteous judgments.



- 107 I am deeply troubled; \*  
preserve my life, O LORD, according to your word.
- 108 Accept, O LORD, the willing tribute of my lips, \*  
and teach me your judgments.
- 109 My life is always in my hand, \*  
yet I do not forget your law.
- 110 The wicked have set a trap for me, \*  
but I have not strayed from your commandments.
- 111 Your decrees are my inheritance for ever; \*  
truly, they are the joy of my heart.
- 112 I have applied my heart to fulfill your statutes \*  
for ever and to the end.

## **Romans 8:1-11**

Lector: *A reading from the letter to the church in Rome*

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

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

All: ***Thanks be to God***

### **Matthew 13:1-9, 18-23**

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

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

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Gospeller: *The Gospel of Christ*

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

### **Discussion of the readings**

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

## Affirmation of Faith

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 and the Son.  
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

Lest the Word of God return empty to the heavens, let us turn our hearts to the needs of others and plant the seeds of justice, saying: *In mercy, hear us.*

For the Christian churches throughout the world, that together we may harvest compassion in an abundance of mercy, we pray: *In mercy, hear us.*

That leaders of government refuse to worship Mars, the god of war, but rather attend to Christ's call of peace, we pray: *In mercy, hear us.*

For farmers, harvesters, and migrant workers, and for an end of injustice toward those who work the land, we pray: *In mercy, hear us.*

That people of the earth may honor and respect the natural resources of the planet, and for an end to the consumerism that encourages ravage, we pray: *In mercy, hear us.*

For the catechumens in our communities, that fertile in faith they may be a soil rich in receptivity, we pray: *In mercy, hear us.*

For all the sick , and for all the oppressed, that the reign of God will hold sway in all human life, we pray: *In mercy, hear us.*

[here prayers are read from the bidding book.  
You may add your own, silently or aloud.]

*As Blessed and praised are you, O God, for the word of your mouth. In your mercy, listen to all who call to you in faith. Let your word find root in our lives. We pray in the name of your child Jesus, who lives with you in the power of the Spirit, forever. Amen*

from *Intercessions for the Christian People*, Liturgical Press  
By Steven Shakespeare

## Confession and Absolution

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 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.*

## **Transition Prayer**

All: *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 General Thanksgiving**

All: *Holy One, author of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.*

*We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.*

(silence)

## **Lord's Prayer**

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

All: *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.*



## Blessing

## Announcements

## Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

All: **Thanks be to God, Alleluia, Alleluia**

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## Ministers of the Service

Preacher:	The Rev. Michael Eggleston
Lector:	Diana Hammerlund
Flowers:	Sarah Chesebro
Ushers:	Connie Weldon & Barbara Schippers
Intercessor:	Louisa Beeler
Altar Guild:	Sarah Chesebro
Online Host:	Jane Wu
Tellers:	Steve Cake & Diana Hammerlund
Technical:	Hannah-Jaye Matthew

## This Week at St Ben's

Tuesday	
9:45a	Prayers for the Morning (Zoom)
10:15a	Spiritual Conversation (Zoom)
5:30p	Vespers in-person
Wednesday	
3:00p	Earthcare Meeting
Friday	
5:30p	Messy Church

## ANNOUNCEMENTS

**Healing Service Next Sunday:** this month we will observe Healing service on July 23rd rather than the 30th.

**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/>.

**GOT A KEEN EYE:** Do the typos or **formatting** errors in the bulletin each week really bother you? Join the Liturgy Committee as our *bulletin* proofreader and catch all those errors before we go to print! Please talk to Sarah Chesebro.

**PERSONAL PRAYER** – If you'd like prayer support during the week, contact Lisa Gonzalez (805-441-3386). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to [prayers@stbenslososos.org](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

**BIDDING BOOK PRAYERS** – If you'd like to include someone's name in the prayers 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.

## **Land Acknowledgment**

We acknowledge with gratitude the yak tityu tityu yak tilhini (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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