



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Fifth Sunday after Pentecost

July 2, 2023 10:30 am

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

## ~ Prelude ~

“Rejoice, Ye Pure in Heart”

Tune: MARION  
Arthur Messiter, 1834-1916

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Arr. by Paul A. Tate

Celebrant: Blessed are you, holy and living One.

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

All: **Holy and life giving spirit, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.**

## ♪ Hymn of Praise #8

Morning has broken

Blue Hymnal

*Unison or harmony*

1 Morn-ing has bro - ken like the first morn - ing,  
2 Sweet the rain's new fall sun - lit from hea - ven,  
3 Mine is the sun - light! Mine is the morn - ing

black-bird has spo - ken like the first bird. \_\_\_\_\_  
like the first dew - fall on the first grass. \_\_\_\_\_  
born of the one light E - den saw play! \_\_\_\_\_

Praise for the sing - ing! Praise for the morn - ing!  
 Praise for the sweet - ness of the wet gar - den,  
 Praise with e - la - tion, praise ev - ery morn - ing,

Praise for them, spring - ing fresh from the Word!  
 sprung in com - plete - ness where his feet pass.  
 God's re - cre - a - tion of the new day!

Words: Eleanor Farjeon (1881-1965), alt. By permission of David Higham Associates Limited, London. Music: *Bunessan*, Gaelic melody; harm. Alec Wyton (b. 1921). Harmonization Copyright © by The Church Pension Fund.

## Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Welcoming God, giving space for creation to return your love: make us apostles of the open table, a place of hospitality to challenge the world with the gift of eternal life; through Jesus Christ, who offered himself for us. Amen.*

From Prayers for an Inclusive Church

## Genesis 22: 1-14

Lector: *A reading from the book of Genesis*

God tested Abraham. He said to him, "Abraham!" And he said, "Here I am." He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains that I shall show you." So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt offering, and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place far away. Then Abraham said to his young men, "Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you." Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. Isaac said to his father Abraham, "Father!" And he said, "Here I am, my son." He said, "The fire and the wood are here, but where is the lamb for a burnt offering?" Abraham said, "God himself will provide the lamb for a burnt offering, my son." So the two of them walked on together.

When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the LORD called to him from heaven, and said, "Abraham, Abraham!" And he said, "Here I am." He said, "Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me." And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. So Abraham called that place "The LORD will provide"; as it is said to this day, "On the mount of the LORD it shall be provided."

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

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

## **Psalm 13**

read responsively

Reader: How long, O LORD?

will you forget me for ever?

People: ***how long will you hide your face from me?***

Reader: How long shall I have perplexity in my mind,  
and grief in my heart, day after day?

People: ***how long shall my enemy triumph over me?***

Reader: Look upon me and answer me, O LORD my God;

People: ***give light to my eyes, lest I sleep in death;***

Reader: Lest my enemy say, "I have prevailed over him,"

People: ***and my foes rejoice that I have fallen.***

Reader: But I put my trust in your mercy;

People: ***my heart is joyful because of your saving help.***

Reader: I will sing to the LORD, for he has dealt with me richly;

People: ***I will praise the Name of the Lord Most High.***

## **Romans 6:12-23**

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

Do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

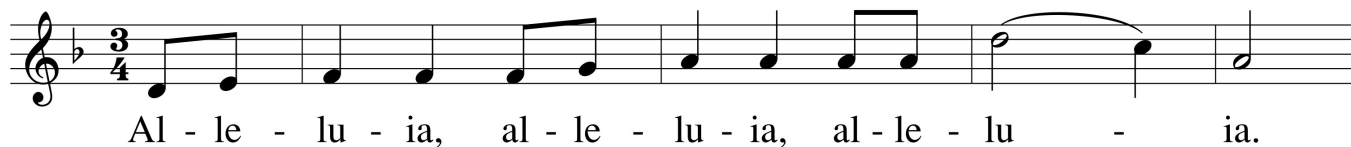
What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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

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

### ♪ Alleluia #7



Music: Alleluia 7; Jacques Berthier, © 1984, Les Presses de Taizé, GIA Publications, Inc., agent

## Matthew 10:40-42

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

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

Jesus said, “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple-- truly I tell you, none of these will lose their reward.”

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

♪ tune: Greensleeves

I believe in God almighty, Author of all things that be,  
Maker of the earth and heavens, Keeper of the sky and sea.  
I believe in God's Son, Jesus, now for us both Lord and Christ,  
of the Spirit and of Mary born to bring abundant life.

I believe that Jesus suffered, scourged and scorned and crucified;  
taken from the cross, was buried—true Life there had truly died.  
I believe that on the third day Christ was raised up from the grave,  
then ascended to God's right hand. He will come to judge and save.

I believe in God's own Spirit, bonding all the saints within  
one church, catholic and holy, where forgiveness frees from sin;  
in the body's resurrection, for the breaking of death's chain  
gives the life that's everlasting. This the faith that I have claimed.

*I believe in God almighty*, #769 from *Wonder Love and Praise* — Words: Sylvia G. Dunstan (1955-1993).

## Prayers of the People

Through baptism we have been made alive in Christ Jesus. Let us speak the words of this new life by praying for the whole state of Christ's church and the world saying: ***Lord, have mercy.***

For the church, that we might be faithful, willing to serve, constant in grace, and receptive to newness, let us pray to the Lord. ***Lord, have mercy.***

For this congregation, that we might be eager to welcome, diligent in prayer, and generous in deed, let us pray to the Lord. ***Lord, have mercy.***

For our nation, town, and neighborhood, that we might be advocates of the lowly, defenders of liberties, and models of justice, let us pray to the Lord. ***Lord, have mercy.***

For those who grieve, those in places of care, those in prison those who are addicted, those who are despondent, let us pray to the Lord. ***Lord, have mercy.***

For those in dangerous occupations, those who care for the sick, those who work the land, those who engage in commerce, and those who teach, let us pray to the Lord. ***Lord, have mercy.***

For all who travel, who seek rest, who visit family and friends, who enjoy the gifts of creation, let us pray to the Lord. ***Lord, have mercy.***

For our families and for all placed under our care, for our enemies and for those with whom we disagree, and for those who are examples of grace in our lives, let us pray to the Lord. ***Lord, have mercy.***

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

*Yours, O God, is the dominion, the power, and the glory, now and forever. Amen*

Adapted from *Intercessions of the Christian People*, Liturgical Press

## 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.*

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 #609

Where cross the crowded ways

Blue Hymnal

1 Where cross the crowd - ed ways of life, where sound the  
 2 In haunts of wretch - ed - ness and need, on sha - dowed  
 3 The cup of wa - ter given for thee still holds the  
 4 O Mas - ter, from the moun - tain side, make haste to  
 5 till all the world shall learn thy love, and fol - low

1 cries of race and clan, a - bove the noise of  
 2 thresh - olds dark with fears, from paths where hide the  
 3 fresh - ness of thy grace; yet long these mul - ti -  
 4 heal these hearts of pain; a - mong these rest - less  
 5 where thy feet have trod; till glo - rious from thy

1 self - ish strife, we hear thy voice, O Son of Man.  
 2 lures of greed, we catch the vi - sion of thy tears.  
 3 tudes to see the true com - pas - sion of thy face.  
 4 throngs a - bide, O tread the ci - ty's streets a - gain;  
 5 heaven a - bove, shall come the ci - ty of our God.

Words: Frank Mason North (1850-1935), alt. Music: Gardiner, from *Sacred Melodies*, 1815; arr. William Gardiner (1770-1853).

♩ **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

EOW2

Celebrant The Lord be with you.

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 our thanks and praise.*

Celebrant We praise you and we bless you, holy and gracious God,  
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep  
and brought all things into being:

sun, moon, and stars;

earth, winds, and waters;

and every living thing.

You made us in your image,  
and taught us to walk in your ways.

But we rebelled against you, and wandered far away;  
and yet, as a mother cares for her children,  
you would not forget us.

Time and again you called us  
to live in the fullness of your love.

And so this day we join with Saints and Angels  
in the chorus of praise that rings through eternity,  
lifting our voices to magnify you 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

Glory and honor and praise to you, holy and living God.  
To deliver us from the power of sin and death  
and to reveal the riches of your grace,  
you looked with favor upon Mary, your willing servant,  
that she might conceive and bear a son,  
Jesus the holy child of God.

Living among us, Jesus loved us.  
He broke bread with outcasts and sinners,  
healed the sick, and proclaimed good news to the poor.  
He yearned to draw all the world to himself  
yet we were heedless of his call to walk in love.  
Then, the time came for him to complete upon the cross  
the sacrifice of his life, and to be glorified by you.

On the night before he died for us,  
Jesus was at table with his friends.  
He took bread, gave thanks to you,  
broke it, and gave it to them, 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.

Again, he gave thanks to you,  
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.”

Now gathered at your table,  
O God of all creation,  
and remembering Christ, crucified and risen,  
who was and is and is to come,  
we offer to you our gifts of bread and wine,  
and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts  
that they may be the Body and Blood of Christ.  
Breathe your Spirit over the whole earth  
and make us your new creation,  
the Body of Christ given for the world you have made.

In the fullness of time bring us,  
with Blessed Benedict, Blessed Mary, and all your saints,  
from every tribe and language and people and nation,  
to feast at the banquet prepared  
from the foundation of the world.

All: *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.*

### Lord's Prayer

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

Voice

Our Fa-----ther in  
Heaven Holy be- your name Your kingdom come; Your will be  
done on earth as in heav'n. Give us this day our dai-----ly  
bread. Forgive us our sins as we for- give those who sin a - gainst us.  
Save us from the time of tri-al and de - li-ver-us from e-vil For the  
king - dom the po-wer and the glo----- ry are yours now & for---e---ver  
A -----men A -----men A-----men  
A -----men A -----men.

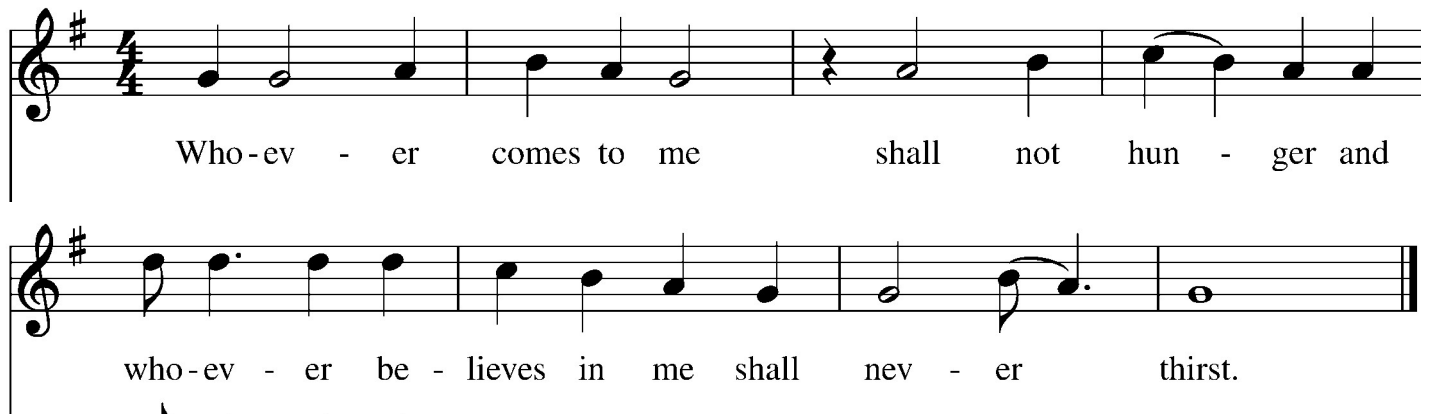
# The Breaking of the Bread

The celebrant breaks the Bread

*Silence*

## ♪ 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.

## Holy Communion

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

## ♪ Communion Music

“Softly and Tenderly with Turn Your Eyes Upon Jesus”

Arr. by Paul A. Tate

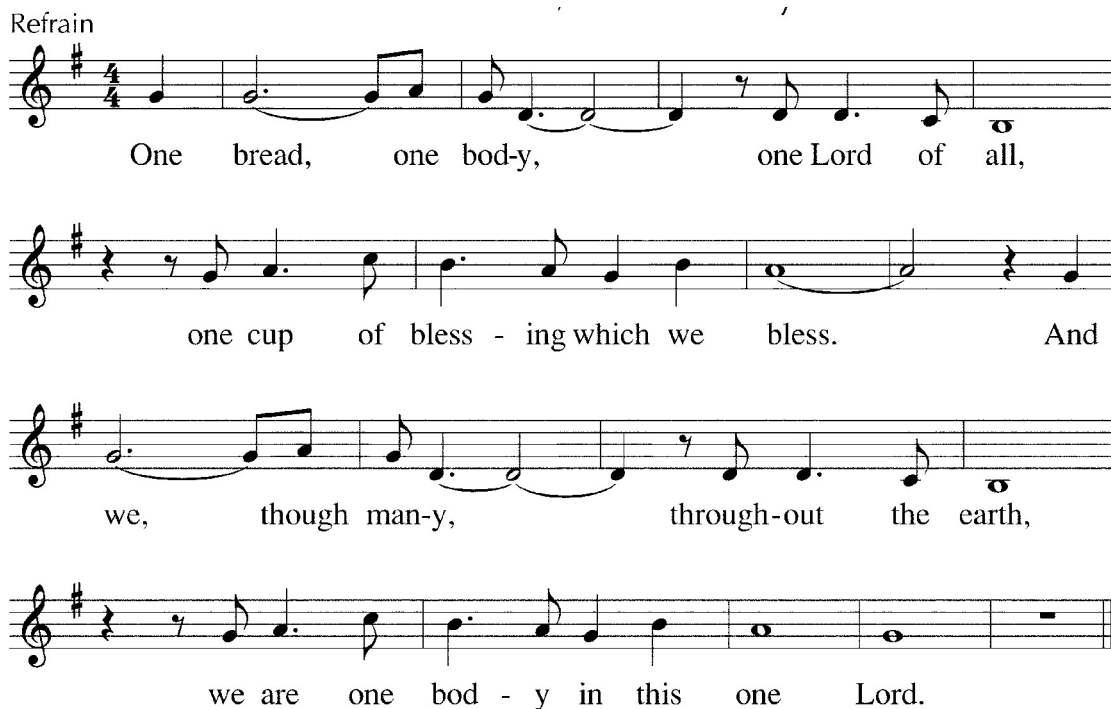
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## ♪ Communion Hymn

### One Bread, One Body

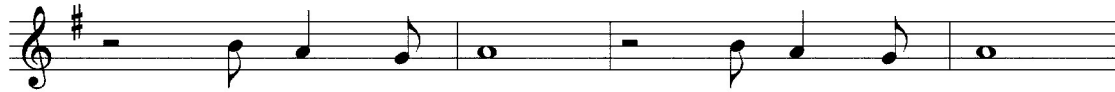
Gather 830

Refrain



One bread, one bod-y, one Lord of all,  
one cup of bless - ing which we bless. And  
we, though man-y, through-out the earth,  
we are one bod - y in this one Lord.

Verses



1. Gen - tile or Jew, ser - vant or free,  
2. Man - y the gifts, man - y the works,  
3. Grain for the fields, scat - tered and grown,



wom - an or man no more.  
one in the Lord of all.  
gath - ered to one for all.

Text: 1 Corinthians 10:16; 17, 12:4; Galatians 3:28; the *Didache* 9; John Foley, SJ, b.1939  
Tune: John Foley, SJ, b.1939  
© 1978, John B. Foley, SJ, and New Dawn Music. Published by OCP Publications.

Silence

## Final Prayer

*God of abundance, you have fed us with the bread of life and 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*

## Blessing

Holy eternal Majesty,  
Holy incarnate Word,  
Holy abiding Spirit,  
Bless you for evermore. Amen.

May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. Amen.

God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always. Amen.

(source: Celtic)

## Announcements

Final Hymn #719

O Beautiful

Blue Hymnal

1 O beau - ti - ful for spa - cious skies, for am - ber waves of grain,  
 2 O beau - ti - ful for he - roes proved in lib - er - at - ing strife,  
 3 O beau - ti - ful for pa - triot dream that sees be - yond the years

for pur - ple moun - tain ma - jes - ties a - bove the fruit - ed plain!  
 who more than self their coun - try loved, and mer - cy more than life!  
 thine al - a - bas - ter ci - ties gleam, un - dimmed by hu - man tears!

A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,  
 A - mer - i - ca! A - mer - i - ca! God mend thine ev - ery flaw,  
 A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,

and crown thy good with bro - ther - hood from sea to shin - ing sea.  
 con - firm thy soul in self - con - trol, thy lib - er - ty in law.  
 and crown thy good with bro - ther - hood from sea to shin - ing sea.

Words: Katherine Lee Bates (1859-1929), alt. Music: *Materna*, Samuel Augustus Ward (1848-1903).

## Dismissal

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

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

### ~ Postlude ~

*"How Firm a Foundation with The Church's One Foundation"*

Arr. by Paul A. Tate

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Eucharist Liturgy Adapted from Enriching Our Worship

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## Ministers of the Service

Celebrant:	The Rev. Jen Crompton
Eucharistic Minister:	Lorienne Schwenk
Lector:	John Horsley
Flowers:	Elaine Beckham
Ushers:	Maureen Titus & Steve Cake
Intercessor:	Lisa Gonzalez
Altar Guild:	Pat Stoneman
Online Host:	Elaine Beckham
Tellers:	Steve Cake & Sandy Fisher
Technical:	Hannah-Jaye Matthew
Music:	

## This Week at St Ben's

Monday

5:30p Liturgy Committee

Tuesday

9:45a Prayers for the Morning (Zoom)

10:15a Spiritual Conversation (Zoom)

5:30p Vespers in-person

Wednesday

4:00p Community Dinner

Friday

9:00a Gentle Yoga

## **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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