



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

St. Benedict's Day, Observed

July 9, 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 ~

“Joyful, Joyful We Adore Thee”

Tune: HYMN TO JOY
by Ludwig van Beethoven

© 2011 Lorenz Publishing Co.
Arr. by Faye López

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*

♪ Song of Praise

Great is the Faithfulness

LEVAS 189

1. Great is thy faith - ful - ness, O God my Fa - ther,
2. Sum - mer and win - ter, and spring - time and har - vest,
3. Par - don for sin and a peace that en - dur - eth,

1. There is no shad - ow of turn - ing with thee;
2. Sun, moon and stars in their cours - es a - bove,
3. Thine own dear pres - ence to cheer and to guide;

1. Thou chang - est not, thy com - pas - sions, they fail not,
 2. Join with all na - ture in man - i - fold wit - ness,
 3. Strength for to - day and bright hope for to - mor - row,

1. As thou hast been thou for - ev - er wilt be.
 2. To thy great faith - ful - ness, mer - cy and love.
 3. Bless - ings all mine, with ten thou - sand be - side!

Great is thy faith - ful - ness! Great is thy faith - ful - ness!

Morn - ing by morn - ing new mer - cies I see;

All I have need - ed thy hand hath pro - vid - ed,

Great is Thy faith - ful - ness, Lord un - to me!

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.*

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.

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

People: *Thanks be to God.*

Psalm 1

(read in unison)

If you would be happy; never walk with the wicked,
never stand with sinners, never sit among cynics,
but delight in the Lord's teaching and study it day and night.

You will stand like a tree planted by a stream, bearing fruit in season
Its leaves never fading, its yield always plenty.

Not so for the wicked, like chaff they are blown by the wind.
They will not withstand the judgment, nor assemble with the just.
The Lord marks the way of the upright, but the corrupt walk to ruin.

Source: The Psalter © 1994 Liturgy Training Publications

♩ Hymn #396

“Now thank we all our God”

Blue Hymnal



1 Now thank we all our God, with heart, and hands, and voic - es,
 2 O may this boun - teous God through all our life be near us!
 3 All praise and thanks to God the Fa - ther now be giv - en,



who won - drous things hath done, in whom his world re - joic - es;
 With ev - er - joy - ful hearts and bless - ed peace to cheer us;
 the Son, and him who reigns with them in high - est hea - ven,



who from our mo - ther's arms hath blessed us on our way
 and keep us in his grace, and guide us when per - plexed,
 e - ter - nal, Tri - une God, whom earth and heaven a - dore;



with count - less gifts of love, and still is ours to - day.
 and free us from all ills in this world and the next.
 for thus it was, is now, and shall be, ev - er - more.

Words: Martin Rinkart (1586-1649); tr. Catherine Winkworth (1827-1878), alt. Music: *Nun danket alle Gott*, melody Martin Rinkart (1586-1649); harm. Johann Cruger (1598-1662).

Luke 14:27-33

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

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

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: The Gospel of Christ.

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

[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 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.
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

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.

[Prayers are read from the bidding book;
additional prayers may be offered 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.

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: Almighty 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 at any time.

♩ Offertory Hymn #293

"I sing a song"

Blue Hymnal



1 I sing a song of the saints of God, _____
 2 They loved their Lord so dear, so dear, and _____
 3 They lived not on - ly in a - ges past, there are



pa - tient and brave and true, who _____ toiled and _____ fought and _____
 his love _____ made them strong; and they fol - lowed the right, for _____
 hund-reds of thou-sands still, the _____ world is _____ bright with the



lived and died for the Lord they loved and knew. And _____
 Je - sus' sake, the _____ whole of their good lives long. And _____
 joy - ous saints who _____ love to do Je - sus' will. You can



one was a doc - tor, and one was a queen, and one was a shep -
 one was a sold - ier, and one was a priest, and one was _____ slain
 meet them in school, or in lanes, or at sea, in church, or in trains,



herd - ess on the _____ green: they were all of them saints of _____
 by a fierce wild _____ beast; and there's not an - y rea - son -
 or in shops, or at tea, for the saints of _____ God are just



God - and I mean, God help - ing, to be one too.
 no, not the least, why I should-n't be one too.
 folk like _____ me, and I mean to be one too.

♪ 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*

Celebrant: Gracious God, whose service is perfect freedom and in whose commandments there is nothing harsh nor burdensome: Grant that we, with your servant Benedict, may listen with attentive minds, pray with fervent hearts, and serve you with willing hands so that we might live at peace with one another and in obedience to your Word, Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and forever. *Amen.*

Holy Eucharist

BCP Rite 2 Prayer C

Celebrant God be with you

People *And also with you.*

Celebrant Lift up your hearts.

People *We lift them up to God.*

Celebrant Let us give thanks to God.

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

Celebrant God of all power, Creator of the Universe, you are worthy of glory and praise.

People *Glory to you for ever and ever.*

Celebrant At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People *By your will they were created and have their being.*

Celebrant From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People *Have mercy, God, for we are sinners in your sight.*

All *By his blood, he reconciled us.*

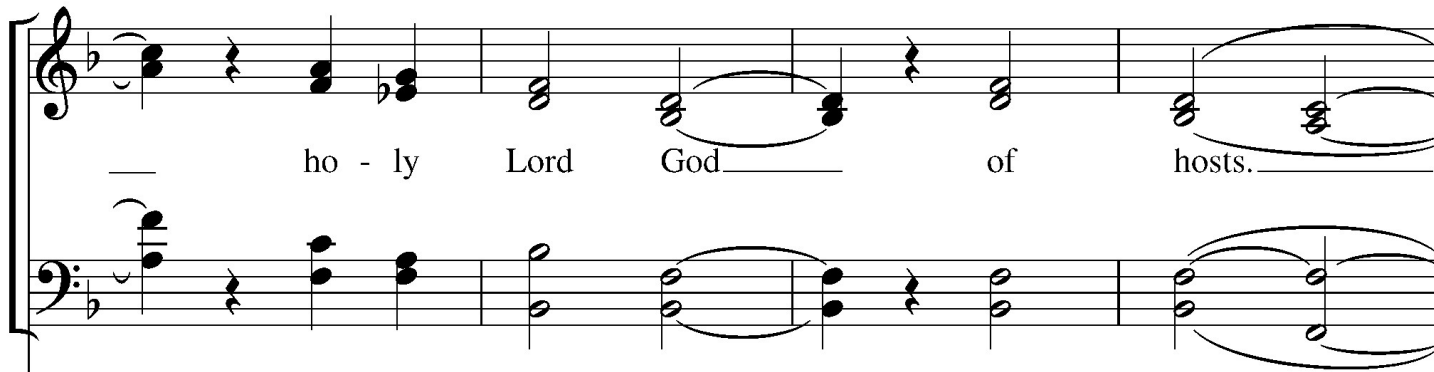
By his wounds, we are healed.

Celebrant And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

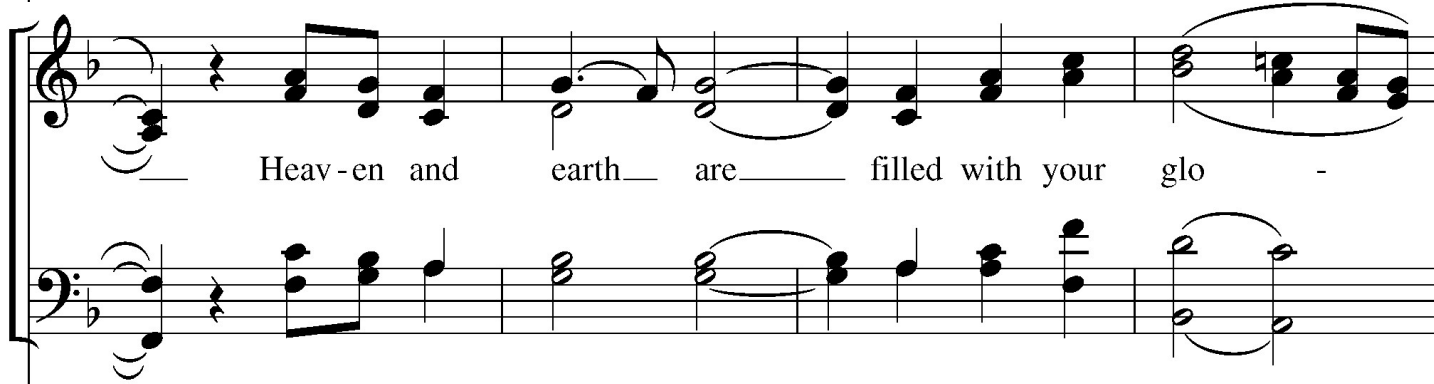
♪ Sanctus

LEVAS #255

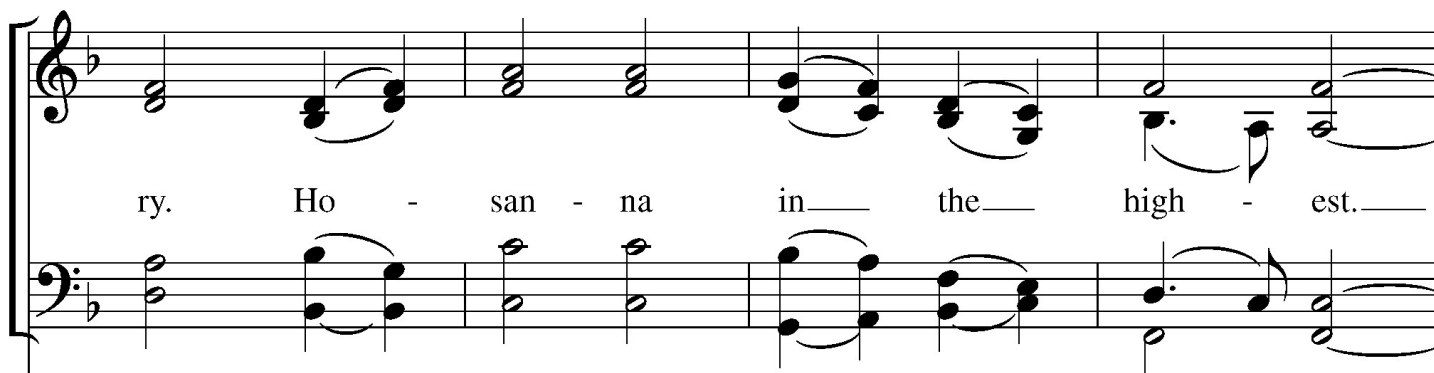
The image shows the musical notation for the Sanctus. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is one flat (B-flat). The melody is written in the treble clef, and the bass line is in the bass clef. The lyrics are: "Ho - ly, ho - ly, ho - ly, ho - ly". The music features a mix of quarter, eighth, and sixteenth notes, with some rests and ties. The piece ends with a double bar line.



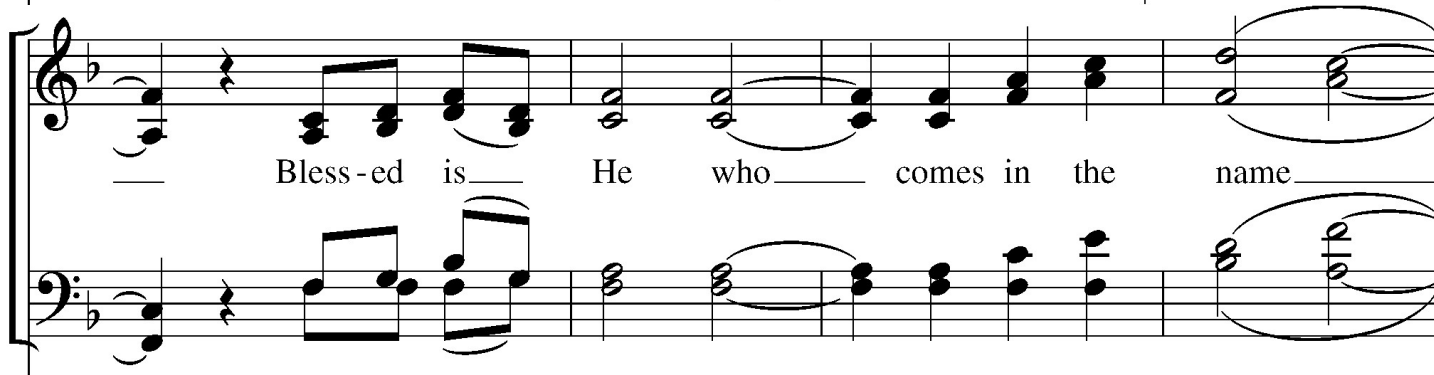
ho - ly Lord God of hosts.



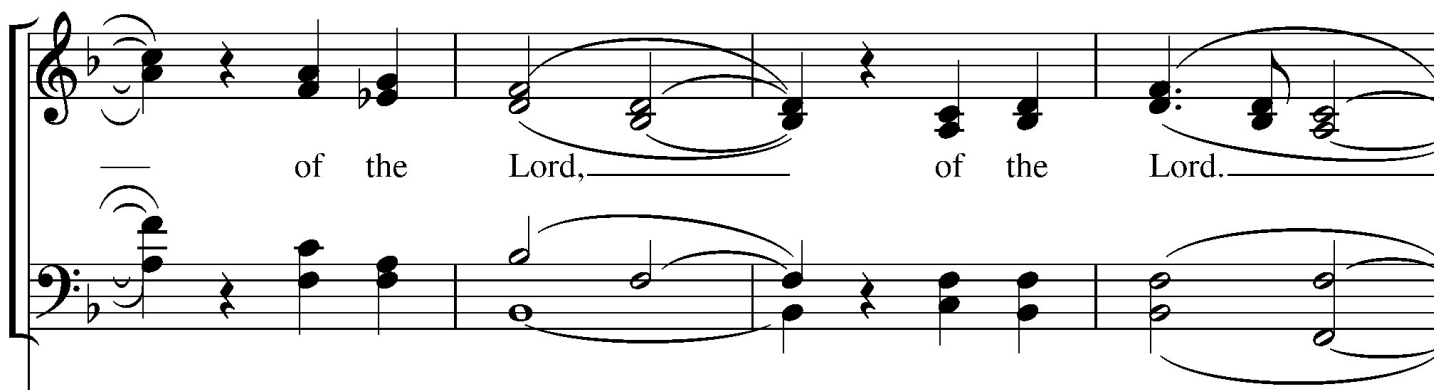
Heav - en and earth are filled with your glo -



ry. Ho - san - na in the high - est.



Bless - ed is He who comes in the name



of the Lord, of the Lord.

The image shows a musical score for a hymn. It consists of two systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature has one flat (B-flat), and the time signature is 4/4. The lyrics are: "Ho - san - na in the high - est, ho - san - na in the high - est". The music features a mix of eighth and quarter notes, with some chords and rests. The piano accompaniment provides a steady harmonic support with chords and moving lines.

Music: Grayson Warren Brown (b. 1948), *A Mass for a Soulful People*. Copyright © 1979 North American Liturgy Resources, 10802 N. 23rd Ave., Phoenix, AZ 85029. All Rights Reserved.

Celebrant And so, God, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, 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."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

People *We celebrate his death and resurrection, as we await the day of his coming.*

Celebrant God of our Fathers: God of Abraham, Isaac, and Jacob; God and Creator of our Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People *Risen Christ, be known to us in the breaking of the Bread.*

All *Accept these prayers and praises, Creator, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. AMEN.*

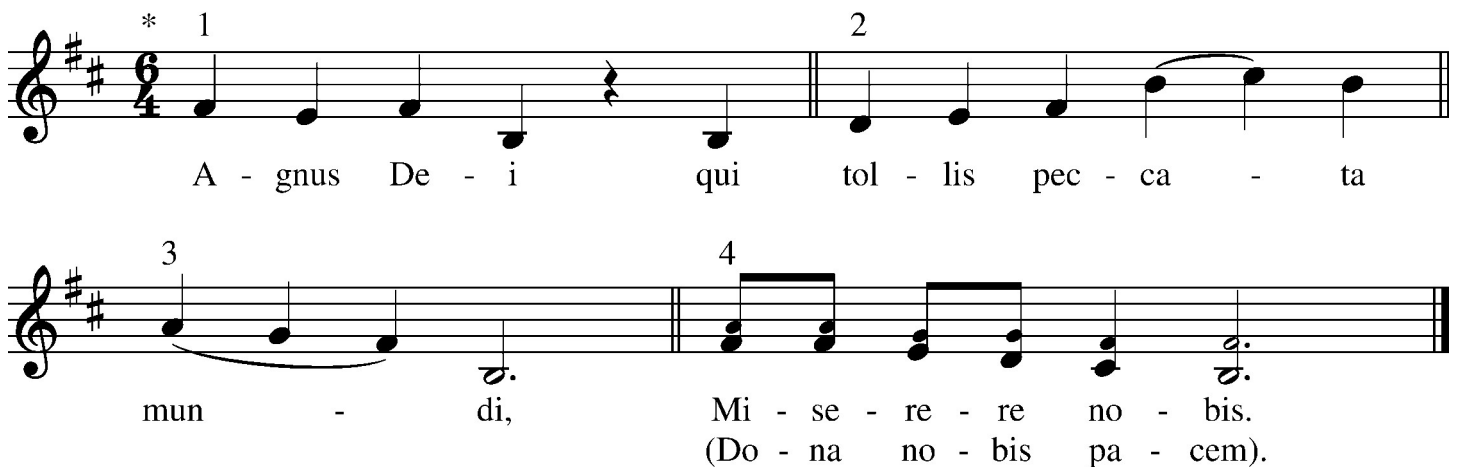
The Lord's Prayer

Celebrant As our Savior Christ has taught us, we now pray,
*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.*

The Breaking of the Bread

♪ Fraction Anthem

WLP 872



A - gnus De - i qui tol - lis pec - ca - ta
mun - di, Mi - se - re - re no - bis.
(Do - na no - bis pa - cem).

** May be sung as a round.*

Music: Jacques Berthier (1923-1994). Copyright © 1984 Taizé, admin. GIA Publications, Inc.

Holy Communion

Celebrant

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.

The ministers of the service will signal which sections will stay seated and which will be coming forward. If you prefer to receive a blessing, please cross your arms over your chest. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

♪ Communion Song

“One Bread, One Body”

Music by John B. Foley

Piano Setting by Joel Raney

© 2005 John B. Foley, SJ and OCP Publications

♪ Communion Hymn

"These three"

WLP 803

1. These three are the treasures to strive for and prize: be
 2. If mer-cy's a-ban-doned by those who'd be brave, e-
 3. Be gen-tle and you can af-ford to be bold, be
 4. Through gen-tle-ness those who at-tack win the fight, and

gen-tle, live sim-ply and have the hum-il-it-y to shy from the
 con-o-my squan-dered by those who'd be gen-er-ous, hu-mil-i-ty
 fru-gal and so have e-nough to be lib-er-al, be hum-ble and
 those who de-fend have their safe-ty in gen-tle-ness; this gen-tle-ness

strugg-le to put one-self first, these are the pearls.
 slight-ed by those who would lead, this is sure death.
 thus be a lead-er of all, this is the way.
 rests in the chil-dren of God, this is their sign.

Words: Colin Hodgetts. Music: *Song of Lau Tsu*, Colin Hodgetts. Copyright © 1983 Stainer and Bell Ltd. All rights reserved.
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[We pause for a few moments' reflection before joining in our final prayer.]

All: *Eternal God, heavenly Father,
 you have graciously accepted us as living members
 of your Son our Savior Jesus Christ,
 and you have fed us with spiritual food
 in the Sacrament of his Body and Blood.
 Send us now into the world in peace,
 and grant us strength and courage to love and serve you
 with gladness and singleness of heart;
 through Christ our Lord.
 Amen.*

Blessing

*May God give you grace, to become the people he has called you to be,
 that you may live and work to his praise and glory. And the blessing of God, Author, Word, and Holy
 Spirit be among you and remain with you always. Amen.*

Traces of Glory, David Adam © Morehouse Publishing 2000

Announcements

Final Hymn

Blessed Assurance

LEVAS 184

1. Bless - ed as - sur - ance, Je - sus is mine! — O what a
 2. Per - fect sub - mis - sion, per - fect de - light, — Vi - sions of
 3. Per - fect sub - mis - sion, all is at rest, — I in my

1. fore-taste of glo - ry di - vine! — Heir of sal - va - tion, pur - chase of
 2. rap - ture now burst on my sight; — An - gels de - scend - ing, bring from a -
 3. sav - ior am hap - py and blest; — Watch - ing and wait - ing, look - ing a -

1. God, _____ Born of His spir - it, washed in His blood. _____
 2. bove _____ Ech - oes of mer - cy, whis - pers of love. _____
 3. bove, _____ Filled with His good - ness, lost in His love. _____

This is my sto - ry, this is my song, _____ Prais - ing my

sav - ior all the day long; _____ This is my sto - ry, this is my

song, _____ Prais - ing my sav - ior all the day long. _____

Words: Fanny J. Crosby (1820-1915). Music: Phoebe P. Knapp (1839-1908).

The Dismissal

~ **Postlude** ~

“*Be Thou My Vision*”

Arr. by Joel Raney

SLANE, Irish melody

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Today's Eucharist Liturgy
is from the outline in the Book of Common Prayer.
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Ministers of the Service

Celebrant:	Sister Greta Ronningen
Eucharistic Minister:	Lisa Gonzalez
Altar Guild:	Lenny Cotta
Lector:	Bryson McKelvey
Flowers:	Sarah Chesebro
Usher:	Maureen Titus
Intercessor:	Helen Schneiders
Tellers:	Alice Welchert & Bryson McKelvey
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Tuesday, July 11	
9:45a	Prayers for the Morning
10:30a	Spiritual Conversation
5:30p	Vespers
7:00p	Resonance Rehearsal
Friday, July 14	
9:00a	Gentle Yoga
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 and requests for pastoral care may be sent to 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.

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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