

St Benedict's Episcopal Church

~ Tending Mind and Soul ~

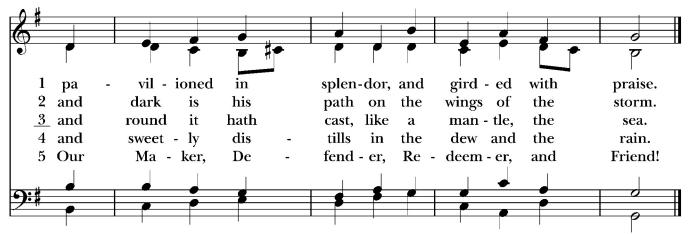
Los Osos, California The Eleventh Sunday after Pentecost

August 13, 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** ~ "When Morning Gilds the Skies"

Joseph Barnby © 2006 Hal Leanoard Corp **♪** Opening Hymn #388 O Worship the King Blue Hymnal O wor - ship King, glo - rious bove! the all O tell of his might! of O sing his grace! The earth, with won - ders told, its store of un 4 Thy boun - ti ful what tongue can cite? care, re of fee -Frail chil - dren frail, dust, and ble as grate - ful love! 1 O ly sing his power and his robe light, Whose is the whose can space. py might - y, 3 Al thy power hath found - ed of old, 4 It breathes in air; shines in light; the it the fail; 5 in thee do we trust, nor find thee to shield An - cient of Our and fend - er, the Days, de 2 His char - iots wrath the deep thun - der - clouds form, of stab - lished 3 hath it fast by change - less de cree, a streams from the hills, it de scends plain, it to the mer - cies, how ten - der! how firm the end! thy to

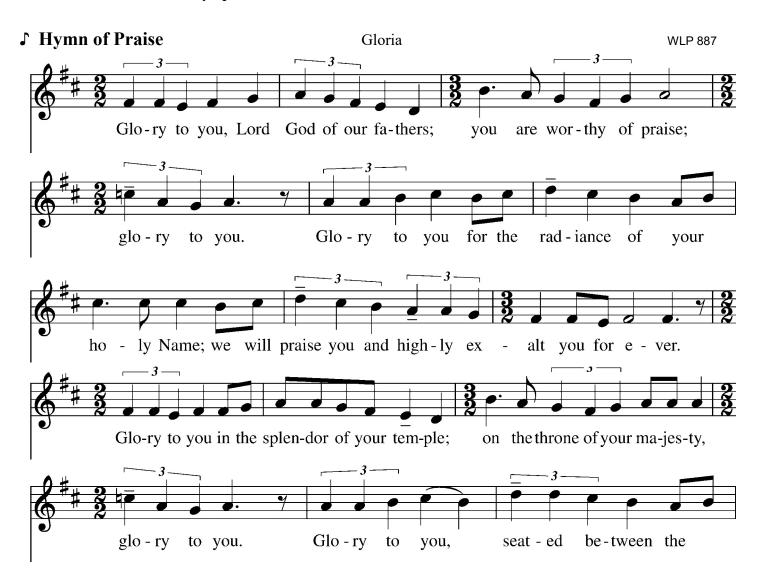


Words: Robert Grant (1779-1838). Music: Hanover, att. William Croft (1678-1727).

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.





Music: Frank W. Bolles (b. 1955). Copyright © 1996 Frank W. Bolles.

Collect of the Day

Celebrant: Christ be with you.

People: And also with you.

Celebrant: Let us pray.

All: Lord of living waters

you save us from the flood of violence and despair:

reach out to us
when faith is weak,
when we are going under
and make us unafraid
to walk with you;
through Jesus Christ, in whom we are raised. Amen.

From Prayers for an Inclusive Church, © 2009 by Steven Shakespeare

Genesis 37:1-4, 12-28

Lector: A reading from the book of Genesis

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and with the flock; and bring word back to me." So he sent him from the valley of Hebron.

He came to Shechem, and a man found him wandering in the fields; the man asked him, "What are you seeking?" "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." The man said, "They have gone away, for I heard them say, 'Let us go to Dothan." So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, "Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams." But when Reuben heard it, he delivered him out of their hands, saying, "Let us not take his life." Reuben said to them, "Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him"—that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it.

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, "What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh." And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

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

All: Thanks be to God

Psalm 105: 1-6, 16-22, 45b

Give thanks to the LORD and call upon his Name; * make known his deeds among the peoples.

Sing to him, sing praises to him, * and speak of all his marvelous works.

Glory in his holy Name; * let the hearts of those who seek the LORD rejoice.

Search for the LORD and his strength; * continually seek his face.

Remember the marvels he has done, *
his wonders and the judgments of his mouth,

O offspring of Abraham his servant, * O children of Jacob his chosen.

Then he called for a famine in the land * and destroyed the supply of bread.

He sent a man before them, *
Joseph, who was sold as a slave.

They bruised his feet in fetters; * his neck they put in an iron collar.

Until his prediction came to pass, * the word of the LORD tested him.

The king sent and released him; * the ruler of the peoples set him free.

He set him as a master over his household, as a ruler over all his possessions,

To instruct his princes according to his will and to teach his elders wisdom.

Hallelujah!

Romans 10: 5-15

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

Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?" (that is, to bring Christ down) "or 'Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say?

"The word is near you, on your lips and in your heart"

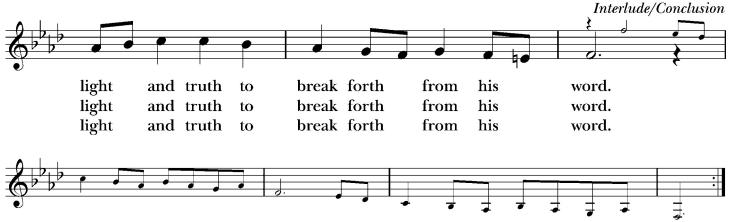
(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

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

All: Thanks be to God





Words: George Rawson (1807-1889), alt. Music: *Halifax*, George Frideric Handel (1807-1759); adapt. and arr. David Hurd (b. 1950). Arrangement Copyright © 1985 David Hurd.

Matthew 14:22-33

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

People: Glory to You, Lord Christ.

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

Gospeller: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon Canon Martha Korienek

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

Affirmation of Faith Nicene Creed

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 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

We are the ark of the church, at times storm-tossed and frightened. Let us cry out in faith for our awn needs and the needs of the world, saying: *Lord*, *save us*.

For those churches who are resisting oppression and enduring persecution in the name of the gospel, let us cry out to the Lord. *Lord*, *save us*.

For the leaders of nations, communities, and households who are faced with terrible choices and whose decisions affect the lives of many, let us cry out to the Lord. *Lord, save us.*

For those caught in addictions of mind or body, for those who feel powerless and sink ever deeper into despair, let us cry out to the Lord. *Lord, save us.*

For those who rely on themselves, for those who struggle to trust in God's beckoning word, for those who know fear before the actions of grace, let us cry out to the Lord. *Lord, save us.*

For all of us who gather at this eucharistic table, weak in faith, faltering in our response to God, let us cry out to the Lord. *Lord, save us.*

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

O true and faithful God, you are the hope of those who cry out to you. Hear our petitions. Where there is no faith, awaken it; where there is little faith, enlarge it, that one day we may all come to acknowledge Jesus as your Son and the savior of the world. We ask this in his name, who is one with you and the Holy Spirit, God, forever and ever. **Amen**

Adapted from Intercessions for the Christian People, © 1988 Pueblo Publishing Company

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: 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 others 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*.

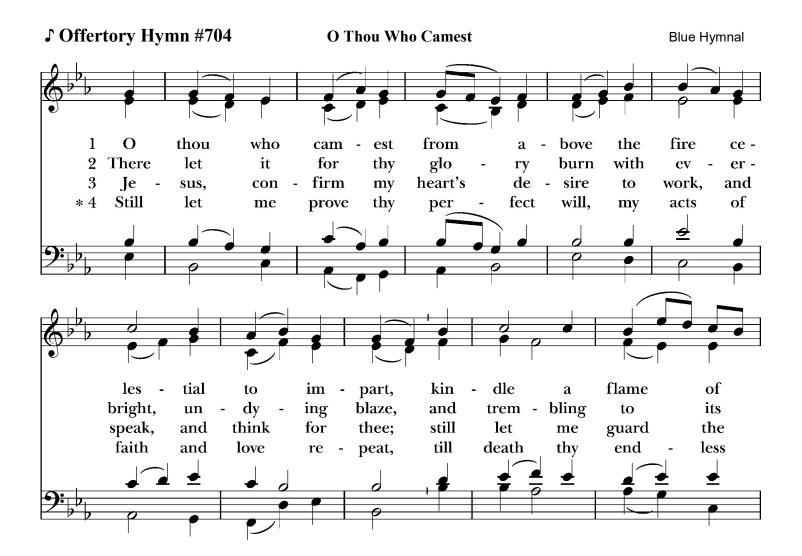
Transition Prayer

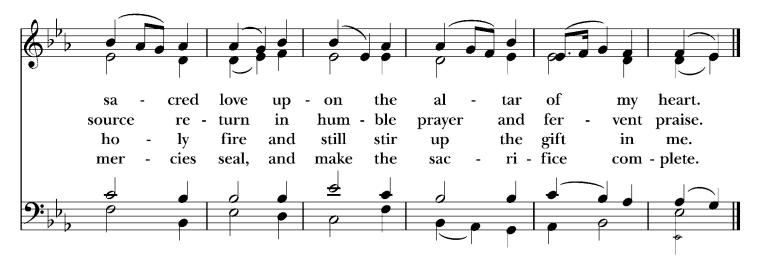
O Lord,

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: Charles Wesley (1707-1788), alt. Music: Hereford, Samuel Sebastian Wesley (1810-1876).

♪ 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

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 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 sing:

 Sanctus **WLP 858** Ho - ly, ho - ly, ho - ly Lord, God of power and might, heaven and earth full of your glo - ry. Ho are san - na in the high - est. *Bless - ed is he who comes Lord. the name of the Ho - san in the in na Ho - san the high - est. est. na in

The celebrant continues

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.

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:

All: Christ has died.
Christ is risen.
Christ will come again.

Celebrant: 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 blessed Mary and blessed Benedict all your saints,
past, present, and yet to come,
we may praise your Name for ever.

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

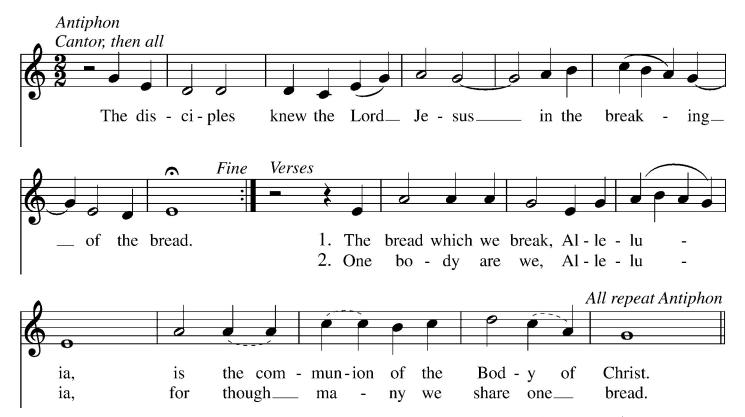
And now as our Savior Christ taught us, we are bold to say:

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

The celebrant breaks the Bread

Silence



Music: Jack Warren Burnam (b. 1946). Copyright © 1986 Jack Warren Burnam.

Holy Communion

Celebrant: The gifts of God for the people of God.

If God is calling you, you are welcome to receive communion in your home, please contact the church office to make arrangements.

We use wine per the Canons of the Episcopal Church.

If you prefer to abstain from alcohol for any reason, you may receive the cup by sight. Taking Communion with just one element (Bread) is considered complete.

We have gluten free wafers available.

~ Communion Music ~

"Be Thou My Vision"

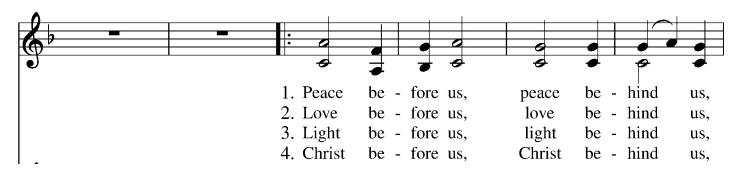
Traditional Irish
Translated by Mary E. Byrne

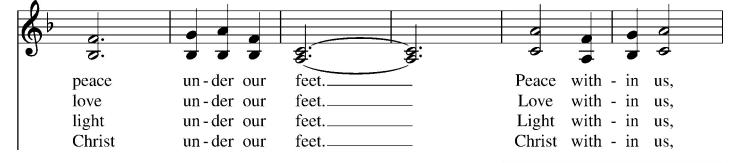
William B. Bradbury © 2006 Hal Leonard Corp



Peace before us

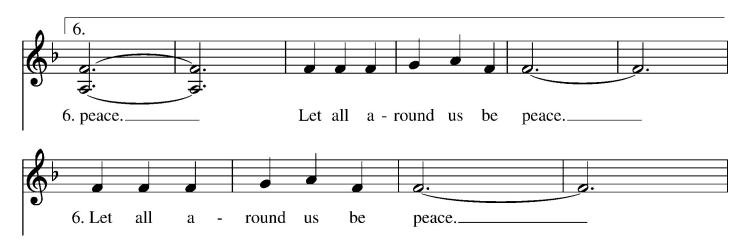
WLP 791







- 5. Alleluia, alleluia, alleluia. Alleluia, alleluia, alleluia, alleluia.
- 6. Peace before us, peace behind us, peace under our feet.
 Peace within us, peace over us, let all around us be peace. (three times)



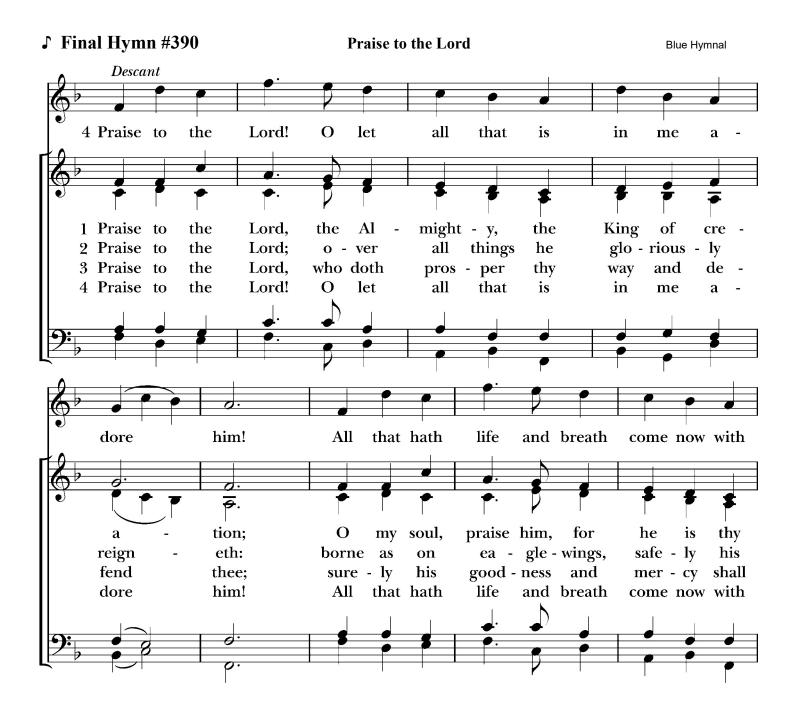
Final Prayer

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

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





Words: Joachim Neander (1650-1680); tr. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *Lobe den Herren*, melody from *Erneuerten Gesangbuch*, 1665; harm. *The Chorale Book for England*, 1863; desc. Craig Sellar Lang (1891-1971). Descant, Copyright © 1953, Novello and Company Limited. Used by permission.

Dismissal

Celebrant: Alleluia, Alleluia, Let us bless the Name of Christ

All: Thanks be to God. Alleluia, Alleluia!

~ Postlude ~

"When I Can Read My Title Clear"

Tune: PISGAH Kentucky Harmony, 1816 Arr. by Tracy Craig McKibben © 2022 Lorenz Publishing Co.

Eucharist Liturgy Adapted from Enriching Our Worship

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Ministers of the Service

Celebrant: Canon Martha Korienek
Preacher: The Rev. Michael Eggleston

Eucharistic Minister: Lisa Gonzalez Lector: Sandy Fisher Flowers: Sharon Porter

Ushers: Connie Weldon & Barbara Schippers

Intercessor: Helen Schnieders

Altar Guild: Letty Cotta
Online Host: The Maruskas

Tellers: Alice Welchert & Bryson McKelvey

Technical: Hannah-Jaye Matthew

This Week at St Ben's

Monday Aug 14

3:30p Liturgy Committee Meeting (Zoom)

Tuesday Aug 15

9:45a Prayers for the Morning (Zoom)

10:15a Spiritual Conversation (Zoom) 5:30p Vespers in-person

Wednesday Aug 16

3:00p Earthcare Meeting (Zoom)

Friday Aug 18

5:30p Messy Church

Saturday Aug 19

9:00a Men's Breakfast at Celias Garden Cafe Inc

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.



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