



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The 12th Sunday after Pentecost

August 20, 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 ~

"Near the Cross"

Fanny Crosby and William H. Doane

Arrg by. Joel Raney

Opening Hymn

I Will Sing

Gather 543

Verses 1, 2, 3, 6



1. I will sing, I will sing a song un - to the Lord.
2. We will come, we will come as one be - fore the Lord.
3. If the Son, if the Son shall make you free,
6. In his name, in his name we have the vic - to - ry.



I will sing, I will sing a song un - to the Lord.
We will come, we will come as one be - fore the Lord.
If the Son, if the Son shall make you free,
In his name, in his name we have the vic - to - ry.



I will sing, I will sing a song un - to the Lord.
We will come, we will come as one be - fore the Lord.
If the Son, if the Son shall make you free,
In his name, in his name we have the vic - to - ry.



Al - le - lu - ia, glo - ry to the Lord.
Al - le - lu - ia, glo - ry to the Lord.
You shall be free in - deed.
Al - le - lu - ia, glo - ry to the Lord.

Refrain



Al - le - lu, al - le - lu - ia, glo - ry to the Lord. Al - le -



lu, al-le-lu - ia, glo - ry to the Lord. Al-le - lu, al-le-lu - ia, glo -

ry to the Lord. Al-le - lu - ia, glo - ry to the Lord.

To verses

Verses 4, 5

4. They that sow in tears shall reap in joy. They that
5. Ev - 'ry knee shall bow and ev - 'ry tongue con - fess, Ev - 'ry

sow in tears shall reap in joy. They that
knee shall bow and ev - 'ry tongue con - fess, Ev - 'ry

sow in tears shall reap in joy. Al - le -
knee shall bow and ev - 'ry tongue con - fess, That

lu - ia, glo - ry to the Lord.
Je - sus Christ is to the Lord.

To refrain

Text: Max Dyer
Tune: PULKINGHAM, Irregular; Max Dyer
© 1974, 1975, Celebration

Celebrant: Blessed be God: Creator, Word, and Holy Spirit.

People: *And blessed be his kin-dom, now and for ever.*

All: *Almighty and most merciful God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.*

Gloria

All: *Glory to God in the highest,
and peace to his people on earth.*

*Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.*

*Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.*

*For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.*

Collect of the Day

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

Genesis 45:1-15

Reader: *A Reading from the book of Genesis*

Joseph could no longer control himself before all those who stood by him, and he cried out, "Send everyone away from me." So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will

provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.’ And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honored in Egypt, and all that you have seen. Hurry and bring my father down here.” Then he fell upon his brother Benjamin’s neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Reader: The word of the Lord

People: **Thanks be to God**

Psalm 133

Oh, how good and pleasant it is, *
 when brethren live together in unity!
 It is like fine oil upon the head *
 that runs down upon the beard,
 Upon the beard of Aaron, *
 and runs down upon the collar of his robe.
 It is like the dew of Hermon *
 that falls upon the hills of Zion.
 For there the LORD has ordained the blessing: *
 life for evermore.

Romans 11:1-2a, 29-32

Reader: *A Reading from Paul’s letter to the Romans*

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew.

For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Reader: The word of the Lord

People: **Thanks be to God**

♪ Hymn #628

Help Us Oh Lord

Blue Hymnal

1 Help us, O Lord, to learn the truths your word im - parts: to
 2 Help us, O Lord, to live the faith which we pro - claim, that
 3 Help us, O Lord, to teach the beau - ty of your ways, that

stu - dy, that your laws may be in - scribed up - on our hearts.
 all our thoughts and words and deeds may glo - ri - fy your Name.
 yearn - ing souls may find the Christ and live a life of praise.

Words: William Watkins Reid, Jr. (b. 1923), alt. Copyright © 1959 by the Hymn Society. (admin. Hope Publishing Company, Carol Stream, IL 60188.) All Rights Reserved. Used by permission. Music: *St. Ethelwald*, William Henry Monk (1823-1889).

Matthew 15: 21-28

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

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

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before him, saying, “Lord, help me.” He answered, “It is not fair to take the children’s food and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.

Gospeller: The Gospel of Christ.

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

We Shall be Free

“When the last child cries for a crust of bread, when the last man dies for just words that he said, when there’s shelter over the poorest head...we shall be free. When the last thing we notice is the color of the skin, and the first thing we look for is the beauty within; when the skies and the oceans are clean again...we shall be free. We shall be free, we shall be free. Stand straight, walk proud, cause we shall be free. When we’re free to love anyone we choose, when this world’s big enough for all different views, when we all can worship from our own kind of pew...then we shall be free.”

Sermon

the Rev. Karen Siegfriet

[We pause for a few moments’ reflection before standing as we are able to affirm our faith.]

Affirmation of Faith

the 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

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

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

Heavenly Father, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son 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: May the All-Compassionate God have mercy on you, forgive you all your sins through our Lord 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.

♪ Offertory Hymn #605

What does the Lord require

Blue Hymnal

(please stand as you are able)

♪ 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

BCP Prayer B

Celebrant: The Lord be with you all.

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 God thanks and praise.*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

♪ Sanctus

WLP 858

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, heaven and earth are full of your glo - ry. Ho -

san - na in the high - est. * Bless - ed is he who comes

in the name of the Lord. Ho - san - na in the

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

The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

All: *We remember his death,
We proclaim his resurrection,
We await his coming in glory;*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with blessed Mary and blessed Benedict and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

All: *By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours,
Almighty Father, now and for ever. AMEN.*

The Lord's Prayer

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

*Our Father, who art in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as it is in heaven.*

Give us this day 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)

♪ Fraction Anthem

(sung twice)

WLP 878



Who - ev - er comes to me shall not hun - ger and
who - ev - er be - lieves in me shall nev - er thirst.

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

Holy Communion

Celebrant: Alleluia. Christ our Passover is sacrificed for us;

People: ***Therefore let us keep the feast. Alleluia.***

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.

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

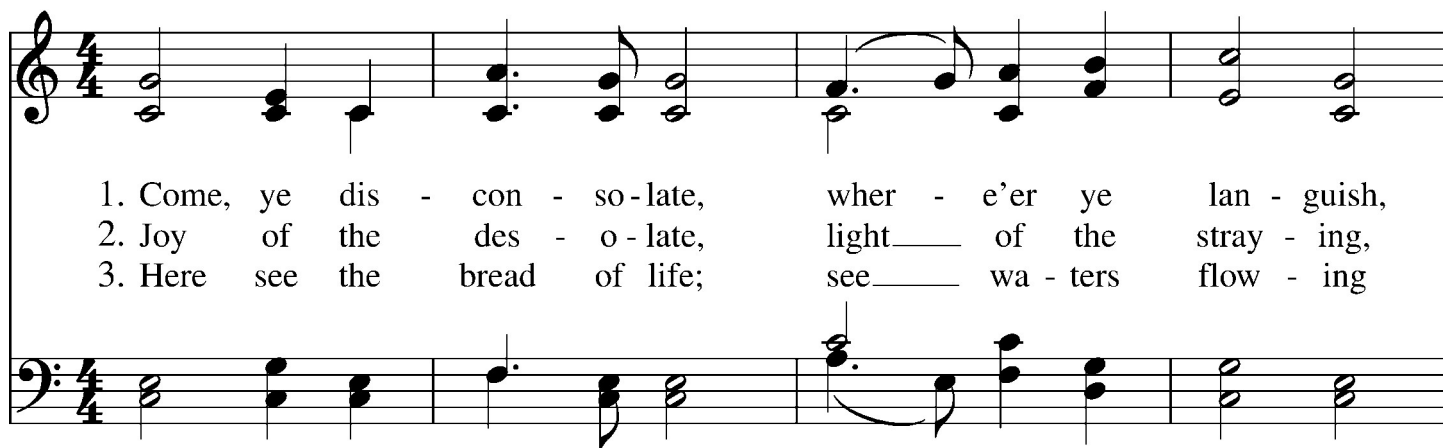
“He Leadeth Me”

Arranged by Don Wyrzten, Greg Howlett

♪ Communion Hymn

Come, ye Disconsolate

LEVAS 147



1. Come, ye dis - con - so - late, wher - e'er ye lan - guish,
2. Joy of the des - o - late, light of the stray - ing,
3. Here see the bread of life; see wa - ters flow - ing

1. Come to the mer - cy seat, fer - vent - ly kneel:
 2. Hope of the pen - i - tent, fade - less and pure!
 3. Forth from the throne of God, pure from a - bove:

1. Here bring your wound - ed hearts, here tell — your — an - guish;
 2. Here speaks the com - fort - er, ten - der - ly — say - ing,
 3. Come to the feast of love; come, ev - er — know - ing

1. Earth — has no sor - row that heav'n can - not heal.
 2. "Earth — has no sor - row that heav'n can - not cure."
 3. Earth — has no sor - row but heav'n can re - move.

Words: Stanzas 1-2, Thomas Moore (1779-1853); Stanza 3, Thomas Hasting (1784-1872). Music: Samuel Webbe (1740-1816).

Silence

Prayer

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

Announcements

♪ Final Hymn

It's Me, It's Me, It's Me Oh Lord

WLP 797

It's me, it's me, O Lord, Stand-in' in the need of prayer;—

It's me,

— It's me, it's me, O Lord, Stand-in' in the need of prayer.—

It's me,

Fine

1. Not my broth - er, not my sis - ter, but it's me, O Lord,
 2. Not the preach - er, not the dea - con, but it's me, O Lord,
 3. Not my fa - ther, not my moth - er, but it's me, O Lord,
 4. Not the stran - ger, not my neigh - bor, but it's me, O Lord,

stand-in' in the need of prayer, not my broth - er, not my sis - ter, but it's
 stand-in' in the need of prayer, not the preach - er, not the dea - con, but it's
 stand-in' in the need of prayer, not my fa - ther, not my moth - er, but it's
 stand-in' in the need of prayer, not the stran - ger, not my neigh - bor, but it's

me, O Lord, stand - in' in the need of prayer.
 me, O Lord, stand - in' in the need of prayer.
 me, O Lord, stand - in' in the need of prayer.
 me, O Lord, stand - in' in the need of prayer.

D.C.

Words: Traditional. Music: Negro Spiritual; arr. Carl Haywood (b. 1949), from *The Haywood Collection of Negro Spirituals*.

Dismissal

Celebrant: Alleluia! Alleluia! Let us go forth into the world,
 rejoicing in the power of the Spirit.

All: ***Thanks be to God. Alleluia! Alleluia!***

♪ Postlude

“O How I Love Jesus”

Arranged by Joel Raney

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

Celebrant:	The Rev. Karen Siegfriedt
Eucharistic Minister:	Brian Spolarich
Deacon:	Sharon Dalrymple
Lector:	Bryson McKelvy
Flowers:	Sharon Porter
Ushers:	Alan Kiste & Michael Lucas
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Elaine Beckham
Tellers:	Bryson McKelvy & Alice Welchert
Music:	Ann Lucas
Technical:	Hannah-Jaye Matthew

This Week at St Ben's

Monday, Aug 21	
3:30p	Liturgy Committee Meeting
Tuesday, May 30	
9:45a	Prayers for the Morning
10:15a	Spiritual Conversation
5:30p	Vespers

Announcements

Sunday Flower Arrangements: The Flower Guild is in need of new members very soon. Only one person is available for August. Please talk with Sharon Porter, who will appreciatively provide you with more information.

Diocesan Visionary Task Force: The Visioning Taskforce is leading an important guided conversation about our changing diocese, calling us to stretch our imaginations toward God's dream for our future in ministry and mission. Each conversation will last for 90 minutes and will include small group discussions. Sessions are filling up quickly, so register soon to see which dates are available and to register. Link is available in the Benediction Weekly email.

You are invited to attend an in-person conversation on one of the remaining dates (all zoom sessions are full at this time):

Saturday, September 9, 10 a.m., St. James, Paso Robles

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 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.

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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