



St Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

The Thirteenth Sunday after Pentecost

August 27, 2023

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

About Our Service

An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.

We invite everyone to stand and sit during various parts of the service. Indicators are found within parentheses throughout the bulletin. Apologies if any are missing.

To help us all prepare to sing our hymns, our musician will play an entire verse to help us learn the tune, on Sundays when we need to use pre-recorded music, we will listen thru one verse, pause for our technical person to reset and then sing the entire hymn.

Please silence your phones.

During Communion

We have gluten-free wafers available. Please let your nearest usher know *before the service begins* if you would prefer a gluten-free wafer, and they will inform the celebrant.

We use wine per the Canons of the Episcopal Church. If you prefer to abstain from alcohol for any reason, you may cross your arms over your chest and receive the cup by sight. Taking Communion with just one element (Bread) is considered complete.

Celebrant: Blessed be the one, holy, and living God.

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

All: ***Holy and Life-Giving Spirit, Almighty 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.***

p. 356 of the BCP

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: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Living God,
you accept our stumbling faith,
our misplaced answers,
our false horizons,
and through them build a way of peace:
empower us
to bind the wounds of the world*

*and loose the debts of oppression,
that all may confess the grace
that is your work alone;
through Jesus Christ, anointed for the world. Amen.*

From Prayers for an Inclusive Church
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Exodus 1:8—2:1

Lector: *A reading from the book of Exodus*

Now a new king arose over Egypt, who did not know Joseph. He said to his people, “Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land.” Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, “When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live.” But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, “Why have you done this, and allowed the boys to live?” The midwives said to Pharaoh, “Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them.” So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, “Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live.”

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds

on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, "This must be one of the Hebrews' children," she said. Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. Pharaoh's daughter said to her, "Take this child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because," she said, "I drew him out of the water."

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

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

Psalm 124

If the LORD had not been on our side, *
let Israel now say;

If the LORD had not been on our side, *
when enemies rose up against us;

Then would they have swallowed us up alive *
in their fierce anger toward us;

Then would the waters have overwhelmed us *
and the torrent gone over us;

Then would the raging waters *
have gone right over us.

Blessed be the LORD! *
he has not given us over to be a prey for their teeth.

We have escaped like a bird from the snare of the fowler; *
the snare is broken, and we have escaped.

Our help is in the Name of the LORD,*
the maker of heaven and earth.

Romans 12: 1-8

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

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.”

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

All: *Thanks be to God*

Matthew 16:13-20

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

People: *Glory to You, Lord Christ.*

When Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on

earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

Gospeller: *The Gospel of Christ*

People: *Praise to You, Lord Christ.*

[We pause for a few moments' reflection before discussing the readings]

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

Lord we present ourselves, our souls and bodies, to you. You give us life, you give us love, you give us yourself. May we give our lives, our love, ourselves to you. We pray for the unity of your church, that we may work together for the good of all.

We give thanks for the gifts you have given to us; let us use them to your glory. We pray especially for all who exercise the gifts of ministry, teaching, and healing. Christ, Son of the living God, *hear us and help us.*

We pray for all people, that their talents and abilities may be able to be used. Bless each in their vocation and work. We remember those who have been made redundant, and the unemployed. We pray for those whose work is dull and mechanical. We remember all whose talents are wasted and thwarted. Christ, Son of the living God, *hear us and help us.*

Bless our homes with holiness and hospitality, with cheerfulness and kindness, with generosity and with goodness. We pray for our loved ones, our neighbours and our friends, the communities to which we belong and the places where we work. Christ, Son of the living God, *hear us and help us.*

We pray for all who suffer through the cruelty of others, for all who have no confidence in themselves or in the world. We pray for all who find making relationships difficult. We remember the lonely, and those who have been rejected or betrayed. We pray for all who are in trouble, need, sickness or any other adversity. Christ, Son of the living God, *hear us and help us.*

We give thanks for all who have been strengthened by their faith, for all who have died in faith. We give thanks for and pray for Lord, grant us with them a share in your heavenly kingdom. Christ, Son of the living God, *hear us and help us.*

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

Lord, transform us by your love, that we may know and do your will, that we may live and work to your praise and glory, through Christ, the King of glory, who lives and reigns with you and the Holy Spirit, one God, world without end. Amen.

from *Clouds and Glory* © 2001 David Adam

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 verbally or with a bow or nod
respecting each other's social distancing preferences.
Please be seated when you are ready.

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.

Holy Eucharist

Iona

Celebrant:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Celebrant: May Christ be with you,

All: *And also with you.*

Celebrant: Lift up your hearts,

All: *We lift them up to God.*

Celebrant: Let us give thanks to God,

All: *It is right to give both thanks and praise.*

the Celebrant continues

We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, we sing to you. And with our loved

ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

The Lord's Prayer

The New Zealand Book of Prayer

And now, as our Savior Christ has taught us, we pray

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,

Source of all that is and that shall be,

Father and Mother of us all,

Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

The way of your justice be followed by the peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom sustain our hope and come on earth.

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.

From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and for ever.

Amen.

Holy Communion

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

If God is calling you, you are welcome to receive communion when the celebrant invites your section 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.

Closing 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

Dismissal

Celebrant: Go in peace to love and serve the Lord.

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

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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This Week at St Ben's

Monday 3:30p	Aug 28 Liturgy Committee Meeting (Zoom)
Tuesday 9:45a 10:15a 5:30p	Aug 29 Prayers for the Morning (Zoom) Spiritual Conversation (Zoom) Vespers in-person
Wednesday 11:00a 4:00p	Aug 30 Laundry Love Laundry Love
Sunday No 8:00a Service 10:30a Noon	Sep 3 Eucharist Service Potluck

Potluck

If your last name begins with **A thru F**, please bring a **Salad or a Side dish**
If your last name begins with **G thru L**, please bring a **Dessert**
If your last name begins with **M thru Z**, please bring a **Main Dish**

Announcements

The Season of Creation begins next Sunday. Our liturgy will include reflections on the gift of creation and the call to care for the earth and all the creatures living in, on, and above it. The Earthcare team is working hand in hand with the Liturgy Committee to craft meaningful services and we look forward to sharing and experiencing them with everyone.

Special music on Sunday, September 10th, 2023. Harpist Jennifer Sayre will be joining us to play the prelude and postlude as well as during communion. Jennifer is a World class musician as well as beloved friend of many folks here at St. Ben's. We are grateful to Rev. Judy Stevens for arranging Jennifer's visit with us.

Sunday Flower Arrangements: The Flower Guild welcomes new Member, Pamela

Bleisch! Volunteers continue to be welcomed to help with St. Ben's Sunday floral arrangements. If you are considering doing so, perhaps providing one once in a while, please talk to Sharon Porter. Reimbursement for your flower purchase is available.

Personal Prayer: If you'd like prayer support during the week, contact Sandy Fisher (661) 805-2882. 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.

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.

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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