



St Benedict's Episcopal Church

~ *Tending Mind and Soul* ~

Los Osos, California

St. Francis Sunday

October 1, 2023

You are warmly welcome at St. Benedict's for who you are
and where you are on your faith journey!

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.

~ Prelude ~

“Voluntary II“

William Boyce

© Les Éditions Outremontaises

- 2008 from Ten Voluntaries for Organ or Harpsichord - London, ca. 1785

(please stand as you are able)

Celebrant: **Blessed be the one, 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.**

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *O God, you show your glory throughout your Creation, calling it very good: Grant us the fullness of your blessing, that we, stewarding your garden, may become partakers in your joy; through Jesus Christ the Wisdom of Creation, who lives and reigns with you and the Holy Spirit, now and for ever. Amen.*

(please be seated for the readings)

Job 39:1-18

Lector: *A reading from the book of Job*

"Do you know when the mountain goats give birth?

Do you observe the calving of the deer?

Can you number the months that they fulfil,

and do you know the time when they give birth,

when they crouch to give birth to their offspring,

and are delivered of their young?

Their young ones become strong, they grow up in the open;

they go forth, and do not return to them.

"Who has let the wild ass go free?

Who has loosed the bonds of the swift ass,

to which I have given the steppe for its home,

the salt land for its dwelling-place?

It scorns the tumult of the city;

it does not hear the shouts of the driver.

It ranges the mountains as its pasture,

and it searches after every green thing.

"Is the wild ox willing to serve you?

Will it spend the night at your crib?

Can you tie it in the furrow with ropes,
or will it harrow the valleys after you?
Will you depend on it because its strength is great,
and will you hand over your labour to it?
Do you have faith in it that it will return,
and bring your grain to your threshing-floor?

"The ostrich's wings flap wildly,
though its pinions lack plumage.
For it leaves its eggs to the earth,
and lets them be warmed on the ground,
forgetting that a foot may crush them,
and that a wild animal may trample them.
It deals cruelly with its young, as if they were not its own;
though its labour should be in vain, yet it has no fear;
because God has made it forget wisdom,
and given it no share in understanding.
When it spreads its plumes aloft,
it laughs at the horse and its rider."

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

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

Psalm 121

I lift up my eyes to the hills; *
from where is my help to come?
My help comes from the Lord, *
the maker of heaven and earth.
He will not let your foot be moved *
and he who watches over you will not fall asleep.
Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
The Lord himself watches over you; *
the Lord is your shade at your right hand,
So that the sun shall not strike you by day, *
nor the moon by night.

The Lord shall preserve you from all evil; *
it is he who shall keep you safe.

The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

Creation Reading

Lector: *A Reading from Orthodoxy and Animals, the Metropolitan Kallistos of Diokleia*

We humans are bound to God and to one another in a cosmic covenant that also includes all the other living creatures on the face of the earth: ‘I will make for you a covenant on that day with the beasts of the field, the birds of the air, and the creeping things of the ground.’ We humans are not saved from the world but with the world; and that means, with the animals. Moreover, this cosmic covenant is not something that we humans have devised, but it has its source in the divine realm. It is conferred upon us as a gift by God.

Reader: *Here ends the reading.*

(please stand, as you are able, to welcome the Gospel)

♪ Gospel Hymn #383

Fairest Lord Jesus

Blue Hymnal

Matthew 11:25-30

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

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

Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Gospeller: *The Gospel of Christ*

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

(please be seated)

Sermon

The Rev. Jen Crompton

[We pause for a few moments' reflection before standing, as able, to affirm 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

God is a parent to those who obey God's word and to those who ignore it. With great humility, then, and with great confidence, let us confide to God the hopes and needs, the pains and the labors of the whole world, saying: ***Lord, hear our prayer.***

For all in this world who do not know Christ as the faithful Son who did the will of his Father and revealed to us his Father's kindness, that God's love may be known among them, let us pray to the Lord: ***Lord, hear our prayer.***

For the churches of the world, that they might prove in their collective witness and action the obedience to God that they profess, let us pray to the Lord. For all peoples who claim God as their father: for our Jewish and Islamic brothers and sisters, that they may be at peace with us and rejoice with us to do their Father's will, let us pray to the Lord: ***Lord, hear our prayer.***

For this country, that our unity might be strengthened by genuine commitment to God's will and by faithful obedience to God's word, let us pray to the Lord: ***Lord, hear our prayer.***

For traitors and prostitutes, for drug-peddlers and con artists, for all who live in the underworld of our nation or outside the pale of respectability, that they might continue to be the special object of God's love, let us pray to the Lord: ***Lord, hear our prayer.***

For ourselves, that we might be delivered from all illusion of superiority, from all pretense of righteousness, from all arrogance and hardness of heart, and that we might know the meaning of compassion, let us pray to the Lord: ***Lord, hear our prayer.***

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

God, you are a God of mercy, a God who does not deal with us according to our sins nor make your love contingent on our good behavior. Be merciful to your people

everywhere, and hear our prayers for those who are in need. We ask this through Jesus Christ our Lord. Amen.

Confession

Celebrant Let us confess our sins against God and our neighbor.

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 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.***

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.
Please return to your seat when you are ready.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.
Prayers can be found on the white card in your pew.

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 are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website www.stbenslososos.org at any time.

♩ Offertory Hymn

Make me a Channel of your peace

Gather 726

Verses 1, 2, 4



1. Make me a chan - nel of your peace. Where
 2. Make me a chan - nel of your peace. Where
 4. Make me a chan - nel of your peace. It



there is ha - tred, let me bring your love. Where
 there's de - spir in life, let me bring hope. Where
 is in par - don - ing that we are par - doned, in



there is in - ju - ry, your par - don, Lord, And
 there is dark - ness, on - ly light, And
 giv - ing of our - selves that we re - ceive, and in



where there's doubt, true faith in you.
 where there's sad - ness, ev - er joy.
 dy - ing that we're born to e - ter - nal life.

Verse 3

3. Oh, Mas-ter, grant that I may nev-er seek So much to be con -
soled as to con - sole. To be un-der-stood as to un-der -
stand. To be loved as to love with all my soul. **D.C.**

Text: *Prayer of St. Francis*; adapt. by Sebastian Temple, 1928–1997
Tune: Sebastian Temple, 1928–1997; acc. by Robert J. Batastini, b.1942
© 1967, OCP
Dedicated to Mrs. Frances Tracy

♪ **Doxology:**

[Hymn tune #400]

[sung]

*Praise God from Whom all blessings flow
Praise God all creatures here below, Alleluia, Alleluia
Praise God the Source of all our gifts
Praise Jesus Christ whose power uplifts
Praise the Spirit, Holy Spirit, Alleluia, Alleluia, Alleluia*

Holy Eucharist

EOW2

Celebrant The Lord be with you.
People And also with you.
Celebrant Lift up your hearts.
People We lift them to the Lord.
Celebrant Let us give thanks to the Lord our God.
People It is right to give our thanks and praise.
Celebrant We praise you and we bless you, holy and gracious God,
source of life abundant.

From before time you made ready the creation.
 Your Spirit moved over the deep
 and brought all things into being:
 sun, moon, and stars;
 earth, winds, and waters;
 and every living thing.
 You made us in your image,
 and taught us to walk in your ways.
 But we rebelled against you, and wandered far away;
 and yet, as a mother cares for her children,
 you would not forget us.
 Time and again you called us
 to live in the fullness of your love.

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

♪ Sanctus

WLP 785

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
 heart is glad to say the words: you are ho - ly, Lord.

Words: Variation on a traditional liturgical text. Music: Composer of melody unknown; arr. based on a two-part version as taught by Pablo D. Sosa (b. 1933).

The celebrant continues

Glory and honor and praise to you, holy and living God.

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

Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you. On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said:

“Take, eat:

This is my Body, which is given for you.

Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said:

“Drink this, all of you:

This is my Blood of the new Covenant,
which is poured out for you and for all
for the forgiveness of sins.

Whenever you drink it,

do this for the remembrance of me.”

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

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

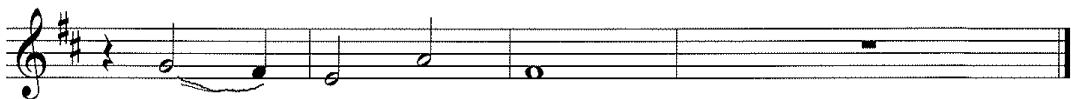
In the fullness of time bring us, with Blessed Mary, Blessed Francis, Blessed Benedict, and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.



king - dom the po-wer and the glo----- ry are yours now & for---e---ver



A -----men A -----men A-----men



A -----men A -----men.

The Breaking of the Bread

The celebrant breaks the Bread

Silence

♪ Fraction Anthem

(sung in rounds)

WLP 874

Principal Canon



Who - ev - er eats this bread will live for - ev - er.



Who - ev - er eats this bread will live for - ev - er.

Holy Communion

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

If God is calling you, you are welcome to receive communion, 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 Music ~

"By the Shore of the River Babylon"

Antonín Dvorák (1841-1904) from Biblical Songs Op. 99:VII

© 1970 E.F. Kalmus, New York

Joan Pedersen, Soloist

♪ **Communion Hymn #490**

I want to walk as a child

Blue Hymnal

Silence

(please stand as you are able as we pray)

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

"May the Lord bless you. May the Lord keep you. May He show His face to you and have mercy. May He turn to you His countenance and give you peace."

Blessing of St. Francis

(please be seated for announcements)

Announcements

(please stand as you are able)

♪ **Final Hymn #400**

All creatures of our God and King

Blue Hymnal

Dismissal

Celebrant: Let us go forth in the Name of Christ

All: **Thanks be to God.**

~ **Postlude** ~

"Atzenbrugger Tanz Nr. 2" Franz Schubert D. 145, Op. 18 © 1889 Breitkopf & Härtel

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Ministers of the Service

Celebrant:	The Rev. Jen Crompton
Eucharistic Minister:	Brian Spolarich
Lector:	Bryson McKelvey
Flowers:	Elaine Beckman
Ushers:	Sandy Fisher & Barbara Schippers
Intercessor:	Helen Schnieders
Altar Guild:	Sarah Chesebro
Online Host:	Jane Wu
Tellers:	Bob Pelfrey & Connie Weldon
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Monday 3:30p	Oct 2 Liturgy Committee Meeting (Zoom)
Tuesday 9:45a 10:30a 5:30p	Oct 3 Prayers for the Morning (Zoom) Spiritual Conversation (Zoom) Vespers in-person
Saturday 12:00p	Oct 7 People's Kitchen at Prado
Sunday 10:30a 12:00p	Oct 8 Eucharist Service Potluck

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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