



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Twentieth Sunday after Pentecost

October 15, 2023

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

~ Prelude ~

"Jesu, Joy of Man's Desiring"

JS Bach

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.*

♪ Hymn of Praise #376

Joyful, Joyful We Adore Thee

Blue Hymnal

1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,

hearts un - fold like flowers be - fore thee, prais - ing thee, their sun a - bove.
stars and an - gels sing a - round thee, cen - ter of un - bro - ken praise.
well - spring of the joy of liv - ing, o - cean - depth of hap - py rest!

Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;
Field and for - est, vale and moun - tain, bloom - ing mea - dow, flash - ing sea,
Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;

giv - er of im - mor - tal glad-ness, fill us with the light of day.
 chant - ing bird and flow - ing foun-tain, call us to re - joice in thee.
 teach - us how to love each o - ther, lift us to the joy di - vine.

Words: Henry Van Dyke (1852-1933). Music: *Hymn to Joy*, Ludwig van Beethoven (1770-1827); adapt. Edward Hodges (1796-1867), alt.

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Beloved God, as we approach your Presence, guide and stir us with your Holy Spirit, that we may become one body, one spirit in Jesus Christ our Savior. Amen.*

Exodus 32:1-14

Lector: *A reading from the book of Exodus*

When the people saw that Moses delayed to come down from the mountain, the people gathered around Aaron, and said to him, “Come, make gods for us, who shall go before us; as for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him.” Aaron said to them, “Take off the gold rings that are on the ears of your wives, your sons, and your daughters, and bring them to me.” So all the people took off the gold rings from their ears, and brought them to Aaron. He took the gold from them, formed it in a mold, and cast an image of a calf; and they said, “These are your gods, O Israel, who brought you up out of the land of Egypt!” When Aaron saw this, he built an altar before it; and Aaron made proclamation and said, “Tomorrow shall be a festival to the Lord.” They rose early the next day, and offered burnt offerings and brought sacrifices of well-being; and the people sat down to eat and drink, and rose up to revel.

The Lord said to Moses, “Go down at once! Your people, whom you brought up out of the land of Egypt, have acted perversely; they have been quick to turn aside from the way that I commanded them; they have cast for themselves an image of a calf, and have worshiped it and sacrificed to it, and said, ‘These are your gods, O Israel, who brought you up out of the land of Egypt!’” The Lord said to Moses, “I have seen this people, how stiff-necked they are. Now let me alone, so that my wrath may burn hot against them and I may consume them; and of you I will make a great nation.”

But Moses implored the Lord his God, and said, “O Lord, why does your wrath burn hot against your people, whom you brought out of the land of Egypt with great power and with a mighty hand? Why should the Egyptians say, ‘It was with evil intent that he brought them out to kill them in the mountains, and to consume them from the face of the earth’? Turn from your fierce wrath; change your mind and do not bring disaster on your people. Remember Abraham, Isaac, and Israel, your servants, how you swore to them by your own self, saying to them, ‘I will multiply your descendants like the stars of heaven, and all this land that I have promised I will give to your descendants, and they shall inherit it forever.’” And the Lord changed his mind about the disaster that he planned to bring on his people.

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

All: *Thanks be to God*

Psalm 106: 1-6, 19-23

Hallelujah!

Give thanks to the Lord, for he is good, *
for his mercy endures for ever.

Who can declare the mighty acts of the Lord *
or show forth all his praise?

Happy are those who act with justice *
and always do what is right!

Remember me, O Lord, with the favor you have for your people, *
and visit me with your saving help;

That I may see the prosperity of your elect
and be glad with the gladness of your people, *
that I may glory with your inheritance.

We have sinned as our forebears did; *
we have done wrong and dealt wickedly.

Israel made a bull-calf at Horeb *
and worshiped a molten image;

And so they exchanged their Glory *
for the image of an ox that feeds on grass.

They forgot God their Savior, *
who had done great things in Egypt,

Wonderful deeds in the land of Ham, *
and fearful things at the Red Sea.

So he would have destroyed them,
had not Moses his chosen stood before him in the breach, *
to turn away his wrath from consuming them.

Philippians 4: 1-9

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

My brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

I urge Euodia and I urge Syntyche to be of the same mind in the Lord. Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.”

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

All: *Thanks be to God*

♪ Hymn #482

Lord of all hopefulness

Blue Hymnal



1 Lord of all hope - ful - ness, Lord of all joy,
2 Lord of all ea - ger - ness, Lord of all faith,
3 Lord of all kind - li - ness, Lord of all grace,
4 Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy,
whose strong hands were skilled at the plane and the lathe,
your hands swift to wel - come, your arms to em - brace,
whose voice is con - tent - ment, whose pres - ence is balm,



be there at our wak - ing, and give us, we pray,
be there at our lab - ors, and give us, we pray,
be there at our hom - ing, and give us, we pray,
be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.
your strength in our hearts, Lord, at the noon of the day.
your love in our hearts, Lord, at the eve of the day.
your peace in our hearts, Lord, at the end of the day.

Words: Jan Struther (1901-1953). By permission of Oxford University Press. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. *Hymnal* 1982.

Matthew 22:1-14

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

The Rev. Art Stevens

[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 give thanks for our faith, and pray for all who struggle in the work of the gospel, for those who preach the word and administer the sacraments. We pray for a gentleness and graciousness in our mission and outreach. We remember those who work among the outcasts and the poor. We pray for all who strive to bring in your peace. Lord, by your power and your presence *provide us with peace.*

We pray for all troubled areas of your world, that wars may cease and that we may find a lasting peace. We pray for the peacemakers of our world. We remember all who have suffered through war, all who have been injured, all who have lost loved ones. We pray for those whose memories are scarred by violence. Lord, by your power and your presence *provide us with peace.*

We pray that our homes may be places of peace and healing. We pray for all who are suffering from broken relationships. We pray for reconciliation and healing where peoples are divided, that we may live at peace with all people. Lord, by your power and your presence *provide us with peace.*

We pray for all who are distressed, for the over-anxious and the fearful, for the troubled in body, mind or spirit, for all who are over-tense or uptight, for all who find it hard to relax or let go. We pray for all whose peace is disturbed by the violence or carelessness of others, that we all may know your presence and the peace that you offer. Lord, by your power and your presence *provide us with peace.*

We give thanks for all who have passed through death and are at peace in your nearer presence. We pray for friends and loved ones departed from us. May we with them share in the peace of your everlasting kingdom. Lord, by your power and your presence *provide us with peace.*

[here prayers are read from the bidding book. You may add your own in the chat]

O Lord, your mercy reaches to the heavens, your goodness knows no end. Let your love and peace be known among us, that we may draw others to worship you; through Jesus Christ our Lord. Amen.

Adapted from Clouds and Glory, *Intercessions for the Christian People*, © 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 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 #339

Deck Thyself My Soul

Blue Hymnal

1 Deck thy - self, my soul, with glad - ness, leave the
 2 Sun, who all my life dost bright - en; Light, who
 3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's
 dost my soul en - light - en; Joy, the best that an - y
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der
 know - eth; Fount, whence all my be - ing flow - eth:
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this
 at thy feet I cry, my Ma - ker, let me
 from this ban - quet let me mea - sure, Lord, how

won-drous ban-quet found-ed— high o'er all the heavens he
 be a fit par-ta-ker of this bless-ed food from
 vast and deep its trea-sure; through the gifts thou here dost

reign-eth, yet to dwell with thee he deign-eth.
 hea-ven, for our good, thy glo-ry, giv-en.
 give me, as thy guest in heaven re-ceive me.

Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: *Schmücke dich*, melody Johann Crüger (1598-1662); harm. *The English Hymnal*, 1906.

♪ 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

EOW1

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 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

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

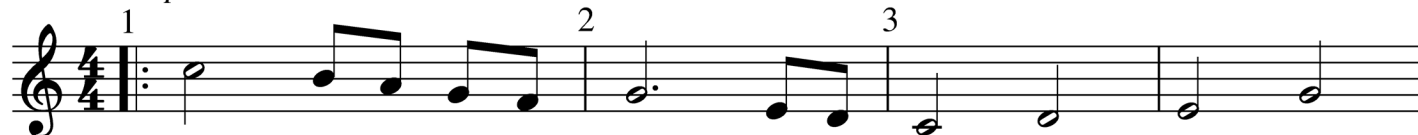
Silence



♪ Fraction Anthem

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 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.

~ Communion Music ~ "The King of Love My Shepherd"

St. Columba
Irish Melody

arr by Ray Pool

♪ Communion Hymn #487

Come, My Way, My Truth

Blue Hymnal



1 Come, my Way, my Truth, my Life: such a
 2 Come, my Light, my Feast, my Strength: such a
 3 Come, my Joy, my Love, my Heart: such a



way as gives us breath; such a truth as ends all
 light as shows a feast; such a feast as mends in
 joy as none can move; such a love as none can



strife; such a life as kill - eth death.
 length; such a strength as makes _____ his guest.
 part; such a heart as joys _____ in love.

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

Final Hymn #665 (v1-3)

All my hope on God is Founded

Blue Hymnal

MEINE HOFFNUNG, 8.7.8.7.33.7

J. Neander, 1680



1. All my hope on God is found-ed; he doth still my trust re - new.
2. Hu - man pride and earth-ly glo - ry, sword and crown be - tray his trust.
3. God's great good - ness aye en - dur - eth; deep his wis - dom, pass - ing thought.
4. Dai - ly doth th'al - might - y Giv - er boun - teous gifts on us be - stow;
5. Still from earth to God e - ter - nal sac - ri - fice of praise be done,



1. Me through change and chance he guid - eth, on - ly good and on - ly true.
2. What with care and toil we fash - ion, tower and tem - ple, fall to dust.
3. Splen - dor, light, and life at - tend him; beau - ty spring - eth out of nought.
4. his de - sire our soul de - light - eth; plea - sure leads us where we go.
5. high a - bove all prais - es prais - ing for the gift of Christ his Son.



1. God un-known, he a-lone calls my heart to be his own.
 2. But God's power, hour by hour, is my tem-ple and my tower.
 3. Ev-er-more from his store new-born worlds rise and a-dore.
 4. Love doth stand at his hand; joy doth wait on his com-mand.
 5. Christ doth call one and all: ye who fol-low shall not fall.

‡ last time only

Dismissal

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

All: **Thanks be to God.**

~ Postlude ~
"Éamonn an Chnoic"

Traditional Irish tune

Arr. by Stella Benson

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Ministers of the Service

Celebrant:	The Rev. Art Stevens
Eucharistic Minister:	Alan Kiste
Lector:	Roz Malone
Flowers:	Pamela Bleisch
Ushers:	Michael Lucas & Barbara Schippers
Intercessor:	Sandy Fisher
Altar Guild:	Letty Cotta
Harpist:	Jennifer Sayre
Online Host:	Don Maruska
Tellers:	Alice Welchert & Diana Hammerlund
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Sunday	Oct 15
12:30p	Parish Council Meeting
Monday	Oct 16
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Oct 17
9:45a	Prayers for the Morning (Zoom)
10:15a	Spiritual Conversation (Zoom)
5:30p	Vespers in-person
Wednesday	Oct 18
3:00p	Earthcare Meeting (Zoom)
Friday	Oct 20
5:30p	Messy Church
Saturday	Oct 21
9:00a	Men's Breakfast at Celia's Garden Cafe Inc.

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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