



# 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!

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.***

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: *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.*

(please be seated for the readings)

### **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***

## **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.***

**[We pause for a few moments’ reflection and discussion]**

## **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, silently or aloud]

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



## **This Week at St Ben's**

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