



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Twenty-first Sunday after Pentecost

October 22, 2023 10:30 am

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

~ Prelude ~

"O God, Beyond All Praising"

Tune: THAXTED, Arr. by Paul A. Tate Gustav Holst, 1874-1934

© 2013 GIA Publications, Inc

[Please stand as you are able.]

Celebrant: Blessed are you, 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.**

♪ Hymn of Praise

Tell Out My Soul

438



1 Tell out, my soul, the great-ness of the Lord!
 2 Tell out, my soul, the great-ness of his Name!
 3 Tell out, my soul, the great-ness of his might!
 4 Tell out, my soul, the glo-ries of his word!



Un - num - bered bless - ings give my spi - rit voice;
 Make known his might, the deeds his arm has done;
 Powers and do - min - ions lay their glo - ry by.
 Firm is his prom - ise, and his mer - cy sure.



ten - der to me the prom - ise of his word;
 his mer - cy sure, from age to age the same;
 Proud hearts and stub - born wills are put to flight,
 Tell out, my soul, the great - ness of the Lord



in God my Sa - vior shall my heart re - joice.
 his ho - ly Name— the Lord, the Might - y One.
 the hun - gry fed, the hum - ble lift - ed high.
 to chil - dren's chil - dren and for ev - er - more!

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: *Jesus, you are the way through the wilderness: show us your truth in which we journey, and by the grace of the Holy Spirit be in us the life that draws us to God. Amen .*

from Enriching Our Worship

(please be seated for the readings)

Exodus 33:12-23

Reader: *A Reading from the book of Exodus*

Moses said to the Lord, "See, you have said to me, 'Bring up this people'; but you have not let me know whom you will send with me. Yet you have said, 'I know you by name, and you have also found favor in my sight.' Now if I have found favor in your sight, show me your ways, so that I may know you and find favor in your sight. Consider too that this nation is your people." He said, "My presence will go with you, and I will give you rest." And he said to him, "If your presence will not go, do not carry us up from here. For how shall it be known that I have found favor in your sight, I and your people, unless you go with us? In this way, we shall be distinct, I and your people, from every people on the face of the earth."

The Lord said to Moses, "I will do the very thing that you have asked; for you have found favor in my sight, and I know you by name." Moses said, "Show me your glory, I pray." And he said, "I will make all my goodness pass before you, and will proclaim before you the name, 'The Lord'; and I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. But," he said, "you cannot see my face; for no one shall see me and live." And the Lord continued, "See, there is a place by me where you shall stand on the rock; and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by; then I will take away my hand, and you shall see my back; but my face shall not be seen."

Reader: The word of the Lord

People: *Thanks be to God*

Psalm 99

The Lord is King;

let the people tremble; *

he is enthroned upon the cherubim;

let the earth shake.

The Lord is great in Zion; *

he is high above all peoples.

Let them confess his Name, which is great and awesome; *

he is the Holy One.

"O mighty King, lover of justice,

you have established equity; *

you have executed justice and righteousness in Jacob."

Proclaim the greatness of the Lord our God

and fall down before his footstool; *
he is the Holy One.

Moses and Aaron among his priests,
and Samuel among those who call upon his Name, *
they called upon the Lord, and he answered them.

He spoke to them out of the pillar of cloud; *
they kept his testimonies and the decree that he gave them.

O Lord our God, you answered them indeed; *
you were a God who forgave them,
yet punished them for their evil deeds.

Proclaim the greatness of the Lord our God
and worship him upon his holy hill; *
for the Lord our God is the Holy One.

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

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

1 Thessalonians 1:1-10

Paul, Silvanus, and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ:

Grace to you and peace.

We always give thanks to God for all of you and mention you in our prayers, constantly remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ. For we know, brothers and sisters beloved by God, that he has chosen you, because our message of the gospel came to you not in word only, but also in power and in the Holy Spirit and with full conviction; just as you know what kind of persons we proved to be among you for your sake. And you became imitators of us and of the Lord, for in spite of persecution you received the word with joy inspired by the Holy Spirit, so that you became an example to all the believers in Macedonia and in Achaia. For the word of the Lord has sounded forth from you not only in Macedonia and Achaia, but in every place your faith in God has become known, so that we have no need to speak about it. For the people of those regions report about us what kind of welcome we had among you, and how you turned to God from idols, to serve a living and true God, and to wait for his Son from heaven, whom he raised from the dead-- Jesus, who rescues us from the wrath that is coming.

Reader: The word of the Lord

People: ***Thanks be to God***

(please stand as you are able as we welcome the Gospel)



1 We lim - it not the
 2 Who dares to bind to
 3 O Fa - ther, Son, and



truth of God to our poor reach of mind, to
 one's own sense the or - a - cles of heaven, for
 Spi - rit, send us in - crease from a - bove; en -



no - tions of our day and place, crude, par - tial, and con -
 all the na - tions, tongues, and climes and all the a - ges
 large, ex - pand all liv - ing souls to com - pre - hend your



finied; no, let a new and bet - ter hope with -
 given? That u - ni - verse, how much un - known! The
 love; and make us all go on to know with



light and truth to break forth from his word.
 light and truth to break forth from his word.
 light and truth to break forth from his word.



in our hearts be - stirred; the Lord has yet more
 o - cean un - ex - plored! The Lord has yet more
 no - bler powers con - ferred— the Lord has yet more



Matthew 22:15-22

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

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

The Pharisees went and plotted to entrap Jesus in what he said. So they sent their disciples to him, along with the Herodians, saying, “Teacher, we know that you are sincere, and teach the way of God in accordance with truth, and show deference to no one; for you do not regard people with partiality. Tell us, then, what you think. Is it lawful to pay taxes to the emperor, or not?” But Jesus, aware of their malice, said, “Why are you putting me to the test, you hypocrites? Show me the coin used for the tax.” And they brought him a denarius. Then he said to them, “Whose head is this, and whose title?” They answered, “The emperor’s.” Then he said to them, “Give therefore to the emperor the things that are the emperor’s, and to God the things that are God’s.” When they heard this, they were amazed; and they left him and went away.

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

Sermon

Sister Greta Ronningen

[We pause for a few moments' reflection before affirming our faith.]

(please stand as you are able)

Affirmation of Faith

***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:
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
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,
who has spoken through the Prophets.
We believe 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

Pondering the relationship between our duties to God and our duties as citizens, let us pray for ourselves and for the whole world, saying: *Lord, have mercy.*

That all in our community may know what is God's and what is Caesar's, and may have the courage so to live, let us pray to the one who alone is Lord: *Lord, have mercy.*

That as the Lord guided Cyrus for the sake of Israel, God will guide our country, its leaders, and its citizens, that justice and peace will be the signs of our trust in God, let us pray to the one who alone is Lord: *Lord, have mercy.*

That the leaders of the church, in the spirit of Paul, may preach the gospel not merely in words but in the mighty power of the Holy Spirit, let us pray to the one who alone is Lord: *Lord, have mercy.*

That each of us, following Jesus, may be truthful, courting no one's favor, but living with simplicity and candor, let us pray to the one who alone is Lord: *Lord, have mercy.*

That through the faith, love, and constancy of Christians God's name may be made known from the rising to the setting of the sun, let us pray to the one who alone is Lord: *Lord, have mercy.*

That like the apostles all the people in the church may live their faith and labor in love for the poor, the homeless, the imprisoned, the persecuted, and the sick, and that by God's power the suffering of all may be relieved, let us pray to the one who alone is Lord: *Lord, have mercy.*

We pray for those you have commended to our care:

*(Prayers from the bidding book are read.
Please add your own prayers silently or aloud.)*

Let us pray to the one who alone is Lord: *Lord, have mercy.*

O God, ruler of all, grant that our nation and its citizens may respond to your call, and that we may live out all civic virtues in honesty and integrity. We ask this in the name of Jesus, your Son and our Lord. Amen.

Adapted from Intercessions for the Christian People, 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.

Birthday & Anniversary Prayers

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

Be thou my vision

488



1 Be thou my vi - sion, O Lord of my heart;
2 Be thou my wis - dom, and thou my true word;
3 High King of hea - ven, when vic - tory is won,



all else be nought to me, save that thou art—
I ev - er with thee and thou with me, Lord;
may I reach hea - ven's joys, bright hea - ven's Sun!



thou my best thought, — by day or by night,
thou my great Fa - ther; thine own may I be;
Heart of my heart, — what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.
thou in me dwell - ing, and I one with thee.
still be my vis - ion, O Ru - ler of all.

Words: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hull (1860-1935), alt. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. David Evans (1874-1948). By permission of Oxford University Press.

♪ Doxology:

[Hymn tune #400]

*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

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.***

Celebrant: 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:

♪ Sanctus

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).

Celebrant: Blessed is our brother Jesus,
who walks with us the road of our world's suffering,
and who is known to us in the breaking of bread.

On the night of his arrest Jesus took bread and having blessed it
he broke the bread and gave it to his disciples, saying,
This is my body, given to you.

In the same way he took wine and having given thanks for it
he poured it out and gave the cup to his disciples, saying,
This cup is the new relationship with God,
sealed with my blood. Take this and share it.
I shall drink wine with you next in the coming Kingdom of God.

All: ***Loving God,
through your goodness we have this bread and wine to offer,
which earth has given and human hands have made.
May we know your presence in the sharing of this bread,
So that we may know your touch in all bread, all matter.
We celebrate the life that Jesus has shared among his
community through the centuries, and shares with us now.
Made one in Christ and one with each other, we offer these gifts
and with them ourselves, a single, holy, living sacrifice. Amen.***

Celebrant: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

All: ***Through Christ and with Christ and in Christ,
all honor and glory are yours, All-Compassionate God,
in the unity of the Holy Spirit, for ever and ever. AMEN***

Lord's Prayer

And now as our Savior

Christ 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.*

from A New Zealand Prayer Book

The Breaking of the Bread

Silence

♪ Fraction Anthem

WLP 874

Principal Canon

1 2 3
 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 ~

“Be Thou My Vision with Open Our Eyes, O Lord, We Pray”

Arranged by Paul A. Tate

© 2013 GIA Publications, Inc

♪ Communion Hymn

I am the bread of life

335

Silence

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

Live without fear: your Creator has made you holy, has always protected you, and loves you as a parent. Go in peace to follow the good road and may God's blessing be with you always. *Amen.*

Announcements

♪ Final Hymn

The God of Abraham praise

401

Dismissal

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

All: **Thanks be to God**

~ Postlude ~

"May the Road Rise to Meet You "

Lori True
Arranged by Paul A. Tate

© 2002 Lorenz Publishing Co.

Eucharist Liturgy Adapted from The Iona Abbey Worship Book

© 2001 The Iona Community Used with permission

Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Celebrant:	Sister Greta Ronningen
Preacher:	Sister Greta Ronningen
Eucharistic Minister:	Michael Lucas
Lector:	Jane Wu
Flowers:	Elaine Beckham
Ushers:	Maureen Titus & Brian Spolarich
Intercessor:	Louisa Beeler
Altar Guild:	Pat Stoneman
Online Host:	Elaine Beckham
Tellers:	Bryson McKelvey & Sandy Fisher
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Tuesday	Oct 24
9:45a	Prayers for the Morning (Zoom)
10:15a	Spiritual Conversation (Zoom)
5:30p	Vespers in-person
Wednesday	Oct 25
11:00a	Laundry Love
4:00p	Laundry Love
Friday	Oct 27
6:00p	Gratitude Dinner
Sunday	Oct 29
8:00a	Contemplative Communion
10:30a	Eucharist

ANNOUNCEMENTS

Advent and Christmas hymns and carols. What are your favorite Advent and Christmas hymns or carols? The liturgy committee would like to know in order to plan the services for these upcoming seasons. You will be asked to write down your favorite hymns for these seasons (or just the number in the hymnal) after the 10:30 Eucharist on Sunday October 15th, so please start thinking about what you would like to sing.

ALL SAINTS DAY comes up on November 5. If you would like loved ones who have gone on ahead to be included in the necrology or in the slideshow please send their names and/or a photo to Hannah-Jaye office@stbenslososos.org

OKTOBERFEST ON 29TH: Sign up for a time slot and be a part of the Discovery Team as we continue the work to reach out to the community around us. Join us as we offer the ministry of presence with blessings, prayer, and conversation. Please contact Rev. Jen at jen@stbenslososos.org with any questions.

Sunday Flower Arrangements 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.

SPIRITUAL CONVERSATION - This week we will have a discussion based on ideas from Joan Chittister's [Awakenings: Prophetic Reflections](#). You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

PERSONAL PRAYER – If you'd like prayer support during the week, contact Helen Schnieders (818) 324-2646. 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.

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.



St. Benedict's Episcopal Church
PO Box 6877
2220 Snowy Egret Lane
Los Osos, CA 93402
805-528-0654
office@stbenslososos.org
www.stbenslososos.org

