

St Benedict's Episcopal Church

~ Tending Mind and Soul ~ Los Osos, California The Fourth Sunday of Pentecost June 16, 2024 10:30 am

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

> ~ **Prelude** ~ Original Improvisation

> > Paul Burkle

- Celebrant: Blessed be the one, holy, and living God.
- People: Glory to God for ever and ever.

Celebrant: Let us pray.

All: All-compassionate and most merciful 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.





Words: James Montgomery (1771-1854); para. of Psalm 72. Music: *Es flog ein kleins Waldvögelein*, German folk song; adapt. and harm. *A Student's Hymnal*, 1923, after Henry Walford Davies (1869-1941).

Collect of the Day

Celebrant: God be with you.

People: And also with you.

Celebrant: Let us pray together.

All: Keep, O God, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

1 Samuel 15:34-16:13

Reader: A Reading from the first book of Samuel

Samuel went to Ramah; and Saul went up to his house in Gibeah of Saul. Samuel did not see Saul again until the day of his death, but Samuel grieved over Saul. And the Lord was sorry that he had made Saul king over Israel.

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him

trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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

People: Thanks be to God

Psalm 20

May the Lord answer you in the day of trouble, * the Name of the God of Jacob defend you;

Send you help from his holy place * and strengthen you out of Zion;

- Remember all your offerings * and accept your burnt sacrifice;
- Grant you your heart's desire * and prosper all your plans.
- We will shout for joy at your victory and triumph in the Name of our God; * may the Lord grant all your requests.
- Now I know that the Lord gives victory to his anointed; * he will answer him out of his holy heaven, with the victorious strength of his right hand.
- Some put their trust in chariots and some in horses, * but we will call upon the Name of the Lord our God.
- They collapse and fall down, * but we will arise and stand upright.

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O Lord, give victory to the king *
and answer us when we call.
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2 Corinthians 5:6-10, 14-17

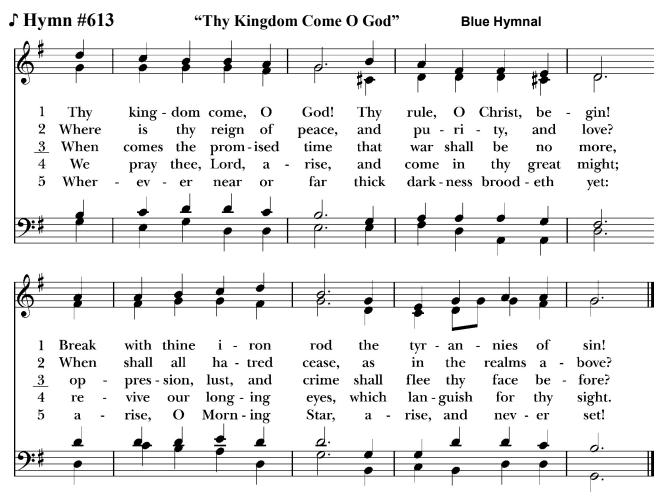
Reader: A Reading from Paul's second letter to the church in Corinth

We are always confident; even though we know that while we are at home in the body we are away from the Lord-- for we walk by faith, not by sight. Yes, we do have confidence, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him. For all of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil.

For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

Reader: Hear what the Spirit is saying to God's people

People: Thanks be to God



Words: Lewis Hensley (1824-1905), alt. Music: St. Cecelia, Leighton George Hayne (1836-1883).

Mark 4:26-34

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

People: Glory to You, Lord Christ.

Jesus said, "The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come."

He also said, "With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade."

With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them except in parables, but he explained everything in private to his disciples.

Gospeller: The Gospel of Christ People: Praise to You, Lord Christ.

Sermon

Sr. Greta Ronningen

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

(please stand as you are able)

Affirmation of Faith

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

As we rejoice in the gospel, we pray for all who spread the Good News, for evangelists and preachers, for Sunday school teachers, for all the laity in their sharing of the faith. We pray for all who help us to understand your holy word. God, may your church grow in holiness as we strive to touch the hearts of those we encounter. Holy One, hear us. **Holy One, graciously hear us**.

We give thanks for the written and spoken word. We pray for writers and publishers, for public servants and the leaders of nations. We pray for those who influence our lives, for all who make decisions about our world and our future. Holy One, hear us.

Holy One, graciously hear us.

We remember with affection all who have helped us to grow, physically, mentally or spiritually. We pray for teachers who have taught us, for churches that have enriched us, for loved ones who have sustained us. We pray for all whose growth is stunted, for all who lack love or attention, for all who suffer from neglect or abuse. Holy One, hear us.

Holy One, graciously hear us.

Loving God, sustain all whom the world has hurt, those whose lives are denied natural growth, who suffer from poverty, oppression or circumstance. We remember all who are frustrated by weakness, sickness, or any other disability. For friends and loved ones in need, especially those for whom prayers are requested in our bidding book.

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

Holy One, hear us. Holy One, graciously hear us.

Blessed are you, God, for you give us peace. We give you thanks for all who are in sorrow and pain no more; all who have passed through death to eternal life in you. We pray for loved ones departed. Holy One, hear us. **Holy One, graciously hear us**.

Celebrant: Holy God, rule in our hearts: direct our decisions, guide our actions, let your peace grow in us, that we may live and work to your praise and glory; through Jesus Christ, who is alive with you and the Holy Spirit, one God for ever and ever. *Amen*.

Adapted from Traces of Glory by David Adam 1999

Confession and Absolution

Let us confess our sins to God.

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: All Compassionate 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 special concern, 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

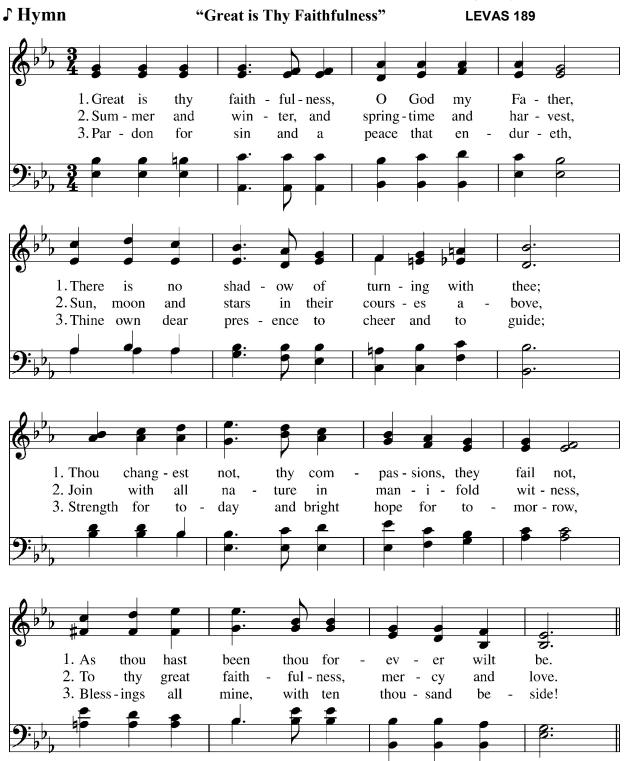
O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular _____]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our 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.





Words: Thomas O. Chisholm (1866-1960). Music: William M. Runyan (1870-1957). Copyright © 1923. Renewal 1951 Hope Publishing Co., Carol Sream, IL 60188. All Rights Reserved. Used by permission.

♪ 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

CelebrantThe Lord be with you.PeopleAnd also with you.

EOW1

Celebrant Lift up your hearts.

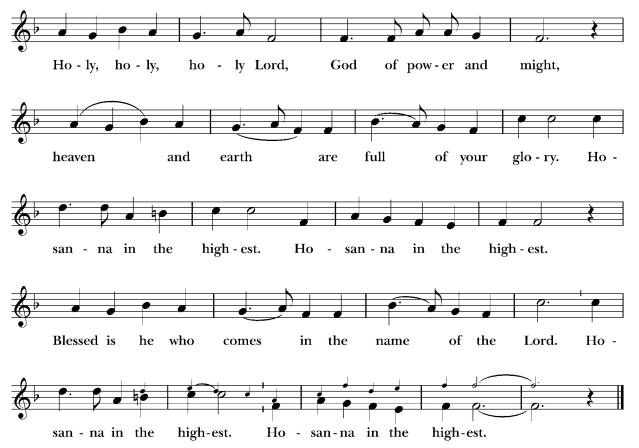
People We lift them to the Lord.

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:



Music: From A Community Mass; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

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.

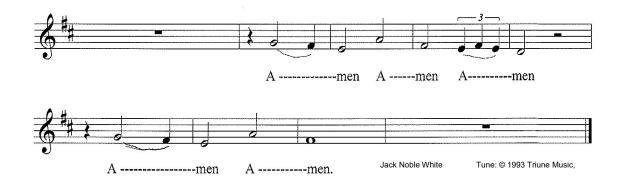
Celebrant: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your children, that with blessed Mary and blessed Benedict, and 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.

The Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,



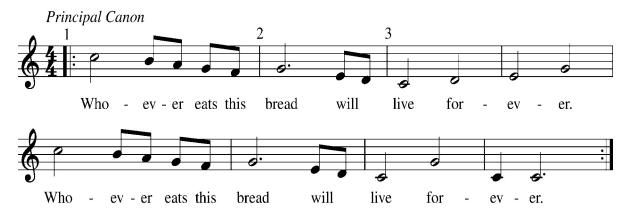


The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

WLP 874



Words and Music: Eric H. F. Law (b. 1957) from Christ, You Are In The World. Copyright © 1986, 1992 Eric H. F. Law.

Holy Communion

Celebrant: The Gifts of God for the People of God.

If God is calling you, you are welcome and invited to receive communion. Please contact the church office to arrange to receive communion in your home.





Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

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

Celebrant: God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always. Amen.

Announcements



Words: Richard Baxter (1615-1691); rev. John Hampden Gurney (1802-1862). Music: *Darwall's 148th*, melody and bass John Darwall (1731-1789); harm. William Henry Monk (1823-1889), alt.; desc. Sydney Hugo Nicholson (1875-1947).

Dismissal

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

All: Thanks be to God.

♪ Postlude

Original Improvisation

Paul Burkle

Eucharist Liturgy Adapted from <u>Enriching Our Worship</u> © 1988 Church Publishing Incorporated 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
Eucharistic Assistant:	Barbara Hirahara
Lector:	John Horsley
Music:	Paul Burkle
Flowers:	Sharon Porter
Ushers:	Barbara Schippers & Lisa Gonzalez
Intercessor:	Louisa Beeler
Altar Guild:	Sarah Chesebro
Online Host:	Connie Weldon
Tellers:	Diana Hammerlund & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Letty Cotta

This Week at St Ben's

Monday	June 17
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	June 18
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	June 19
3:00p	Earthcare Meeting
Saturday	June 22
1:00p	Worship Leader Workshop
Sunday	June 23
10:30a	Eucharist Service

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Louisa Beeler (805-543-2898). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to <u>prayers@stbenslososos.org</u> and requests for pastoral care may be sent to <u>pastoralcare@stbenslososos.org</u>.

The Tuesday Morning Prayers & Spiritual Discussion group - We will taking a look at Marilynne Robinson's <u>Reading Genesis</u>, which is "a powerful consideration of the profound meanings and promise of God's enduring covenant with humanity. This magisterial book radiates gratitude for the constancy and benevolence of God's abiding faith in Creation."

You do not have to read the book to participate. Tuesdays at 10:30 on Zoom.

Worship Leader Workshop - You are warmly invited to attend a workshop to become licensed in our diocese to lead worship in your parish. We will focus on learning about Morning Prayer, since that is the service most often used, but indeed, this license applies to every non-sacramental worship service (Compline, Evening Prayer, etc.). 1pm to 4pm on Saturday, June 22nd at St. Benedict's.

Tell Congress to Pass a Faithful Farm Bill - People of faith believe in the moral call to uplift human dignity, love our neighbors, and protect our Sacred Earth. A Farm Bill for both people and the environment could ensure a future where all people have reliable access to healthy food, while prioritizing sustainable farming practices, and dignified treatment for those who work the land. Visit interfaithpowerandlight.org for more information.

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.

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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