



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Sixth Sunday after Pentecost

June 30, 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 ~

*Morning Has Broken*

Arr Teresa Wilhelmhi

Officiant: Blessed be the one, holy, and living God.

People: *Glory to God for ever and ever.*

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.*

## ♪ Hymn #8

## "Morning Has Broken"

## Blue Hymnal

*Unison or harmony*

1 Morn-ing has bro - ken like the first morn - ing,  
2 Sweet the rain's new fall sun - lit from hea - ven,  
3 Mine is the sun - light! Mine is the morn - ing

black-bird has spo - ken like the first bird. \_\_\_\_\_  
like the first dew - fall on the first grass. \_\_\_\_\_  
born of the one light E - den saw play! \_\_\_\_\_

Praise for the sing - ing! Praise for the morn - ing!  
Praise for the sweet - ness of the wet gar - den,  
Praise with e - la - tion, praise ev - ery morn - ing,

Praise for them, spring - ing fresh from the Word!\_\_\_\_\_  
sprung in com - plete - ness where his feet pass.\_\_\_\_\_  
God's re - cre - a - tion of the new day!\_\_\_\_\_

Words: Eleanor Farjeon (1881-1965), alt. By permission of David Higham Associates Limited, London. Music: *Bunessan*, Gaelic melody; harm. Alec Wyton (b. 1921). Harmonization Copyright © by The Church Pension Fund.

## Collect of the Day

Officiant: Christ be with you.

**People:** *And also with you.*

Officiant: Let us pray together.

All: *God of inclusive love, who knows us each by name: we thank you for the woman, who stood out of the crowd and defied her uncleanness to connect with you; we praise you for the leader of the synagogue, who face the mockery of others to give his daughter hope; may the flowing power of Christ bring healing and acceptance to the rejected and abused. Through Jesus Christ, giver of life. Amen.*

## 2 Samuel 1:1, 17-27

Reader: *A Reading from the second book of Samuel*

After the death of Saul, when David had returned from defeating the Amalekites, David remained two days in Ziklag.

David intoned this lamentation over Saul and his son Jonathan. (He ordered that The Song of the Bow be taught to the people of Judah; it is written in the Book of Jashar.) He said:

Your glory, O Israel, lies slain upon your high places!  
How the mighty have fallen!

Tell it not in Gath,  
proclaim it not in the streets of Ashkelon;

or the daughters of the Philistines will rejoice,  
the daughters of the uncircumcised will exult.

You mountains of Gilboa,  
let there be no dew or rain upon you,  
nor bounteous fields!

For there the shield of the mighty was defiled,  
the shield of Saul, anointed with oil no more.

From the blood of the slain,  
from the fat of the mighty,  
the bow of Jonathan did not turn back,  
nor the sword of Saul return empty.

Saul and Jonathan, beloved and lovely!  
In life and in death they were not divided;  
they were swifter than eagles,  
they were stronger than lions.

O daughters of Israel, weep over Saul,  
who clothed you with crimson, in luxury,  
who put ornaments of gold on your apparel.

How the mighty have fallen  
in the midst of the battle!

Jonathan lies slain upon your high places.  
I am distressed for you, my brother Jonathan;  
greatly beloved were you to me;  
your love to me was wonderful,  
passing the love of women.

How the mighty have fallen,  
and the weapons of war perished!

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

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

## **Psalm 9:9-20**

## **Psalm 130**

Out of the depths have I called to you, O LORD;  
LORD, hear my voice; \*  
let your ears consider well the voice of my supplication.

If you, LORD, were to note what is done amiss, \*  
O Lord, who could stand?

For there is forgiveness with you; \*  
therefore you shall be feared.

I wait for the LORD; my soul waits for him; \*  
in his word is my hope.

My soul waits for the LORD,  
more than watchmen for the morning, \*  
more than watchmen for the morning.

O Israel, wait for the LORD, \*  
for with the LORD there is mercy;

With him there is plenteous redemption, \*  
and he shall redeem Israel from all their sins.

## **2 Corinthians 8:7-15**

*Reader: A Reading from second Corinthians*

As you excel in everything-- in faith, in speech, in knowledge, in utmost eagerness, and in our love for you-- so we want you to excel also in this generous undertaking.

I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. And in this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something-- now finish doing it, so that your eagerness may be matched by completing it according to your means. For if the eagerness is there, the gift is acceptable according to what one has-- not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written,

“The one who had much did not have too much,  
and the one who had little did not have too little.”

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

**People: Thanks be to God**



1. Heal me, hands of Je - sus, and search out all my pain: re -  
 2. Cleanse me, blood of Je - sus, take bit - ter-ness a - way; let  
 3. Know me, mind of Je - sus, and show me all my sin; dis -  
 4. Fill me, joy of Je - sus: anx - i - e - ty shall cease and

store my hope, re - move my fear and bring me peace a - gain.  
 me for - give as one for-given and bring me peace to - day.  
 pel the mem - o - ries of guilt, and bring me peace with - in.  
 heaven's se - ren - i - ty be mine, for Je - sus brings me peace!

Words: Michael Perry. Music: Sharpe, Carl Haywood (b. 1949), from *Tunes for Grace*.

## Mark 5:21-43

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

*People: Glory to You, Lord Christ.*

When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, “My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live.” So he went with him.

And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, “If I but touch his clothes, I will be made well.” Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, “Who touched my clothes?” And his disciples said to him, “You see the crowd pressing in on you; how can you say, ‘Who touched me?’” He

looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, “Daughter, your faith has made you well; go in peace, and be healed of your disease.”

While he was still speaking, some people came from the leader’s house to say, “Your daughter is dead. Why trouble the teacher any further?” But overhearing what they said, Jesus said to the leader of the synagogue, “Do not fear, only believe.” He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, “Why do you make a commotion and weep? The child is not dead but sleeping.” And they laughed at him. Then he put them all outside, and took the child’s father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, “Talitha cum,” which means, “Little girl, get up!” And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

Officiant: The Gospel of Christ

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

## Sermon

Michael Lucas

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

## 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

Lord of life, may your church proclaim your saving power. Strengthen all who seek to extend our lives and our vision. Bless all who are preachers or teachers in your church. We pray for church schools and colleges. Lord, forgive us where we are divided, and make us one: we pray for all who are working for unity and peace. Lord, we come to you. **You can make us whole.**

Lord of peace, be with all suffering from war, all divided peoples, all separated from loved ones, families and friends. We pray for refugees and displaced persons, for those living in slums and those living on the streets, for all living in places that are not wholesome or life-giving. Lord, we come to you. **You can make us whole.**

Lord, as you have given to us in abundance, may we seek to share with any in need. In our community, help us to overcome divisions, root out all that would poison or spoil our well-being. We pray for families that are divided, for all suffering from factions and broken relationships. Lord, we come to you. **You can make us whole.**

Lord of love, we pray for all who are seen as untouchable, for people who are rejected and feared by others. Be a presence of support to all who are severely handicapped, to the mentally disturbed, to those suffering from leprosy and to all who have AIDS. Comfort all who lack affection; we pray for the broken-hearted and the broken-spirited. Lord, we come to you. **You can make us whole.**

We pray 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]

Lord, we come to you. **You can make us whole.**

Give strength to all who are watching by beds of sickness, all who are caring for loved ones who are dying. Comfort all who have lost loved ones this week. Lord, we pray that our loved ones departed may arise to life eternal in Christ. Lord, we come to you. **You can make us whole.**

Officiant: O God, you created us in love and for eternity, and you gave your Son that we should not perish but have everlasting life; as you give us life and love, as you give us yourself, help us to give our lives, our love, ourselves to you; through Jesus Christ our Lord, who is alive and reigns 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 against God and our neighbor.*

**All:**     ***Most merciful God,***  
          ***we confess that we have sinned against you***  
          ***in thought, word, and deed,***  
          ***by what we have done,***  
          ***and by what we have left undone.***  
          ***We have not loved you with our whole heart;***  
          ***we have not loved our neighbors as ourselves.***  
          ***We are truly sorry and we humbly repent.***  
          ***For the sake of your Son Jesus Christ,***  
          ***have mercy on us and forgive us;***  
          ***that we may delight in your will,***  
          ***and walk in your ways,***  
          ***to the glory of your Name. Amen.***

Officiant:   May the All-Compassionate God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us 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](http://www.stbenslososos.org) at any time.

### ♪ Hymn #707      “Take My Life and Let It Be”      Blue Hymnal



1 Take my life, and let it be con - se - crat - ed, Lord, to thee;  
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.  
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im-pulse of thy love;  
Take my will, and make it thine; it shall be no long - er mine.



Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876).

## ♪ 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*

## The General Thanksgiving

*All: Holy One, author of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.*

(silence)

## The Lord's Prayer

And now, as our Savior Christ has 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.*

## Blessing

Officiant: Live without fear: our Creator has made us holy, has always protected us, and loves us as a parent. Go in peace to follow the good road and may God's blessing be with you always. **Amen.** (source: from Saint Clare)

## Announcements

### ♪ Hymn #493

### "O for a Thousand Tongues"

### Blue Hymnal

The image shows the musical score for the hymn "O for a Thousand Tongues" from the Blue Hymnal. It is written for a four-part choir (Soprano, Alto, Tenor, Bass) in G major (one sharp) and 4/4 time. The score consists of two systems of music. The first system contains five lines of lyrics, and the second system contains five lines of lyrics. The music is written in a standard four-part setting style, with each voice part having its own line of notes. The lyrics are printed below the corresponding musical lines.

1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;

1 the glo - ries of my God and King, the tri - umphs of his grace!  
2 and spread through all the earth a - broad the hon - ors of thy Name.  
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.  
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heaven.

Words: Charles Wesley (1707-1788), alt. Music: *Azmon*, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872).

## Dismissal

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

All: *Thanks be to God.*

## ♪ Postlude

*Prelude in B Flat Major*

JS Bach      WTC Book II

Today's Liturgy  
is from the outline in the Book of Common Prayer.  
Music reproduced and broadcast under OneLicense #A706314

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## Ministers of the Service

Officiant:	Michael Lucas
Preacher:	Michael Lucas
Liturgical Assistant:	Lisa Gonzalez
Lector:	Connie Weldon
Music:	Paul Burkle
Flowers:	Sharon Porter
Ushers:	Connie Weldon & Maureen Titus
Altar Guild:	Lisa Gonzalez
Online Host:	Don Maruska
Tellers:	Alice Welchert & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Sharon Porter & Jane Wu

## This Week at St Ben's

Monday	July 1
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	July 2
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Wednesday	July 3
4:00p	Community Dinner
Sunday	July 7
10:30a	Eucharist Service
	Potluck

## **Announcements**

**The Tuesday Morning Prayers & Spiritual Discussion group** - We will be taking taking a break this week, returning on July 9th. Over the summer we will be focusing on shorter meditations and videos rather than a book. Come join us! Tuesdays at 10:30 on [Zoom](#).

**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](http://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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