

# St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

### The Seventh Sunday after Pentecost

July 27, 2025 10:30 am

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability—your presence here today is a blessing!

### **About Our Service**

Wherever you are on your faith journey, you are warmly welcome at St. Benedict's! If you are unfamiliar with the ritual customs of the Episcopal Church, simply rest into the liturgy and let the rest of the congregation carry you in worship.

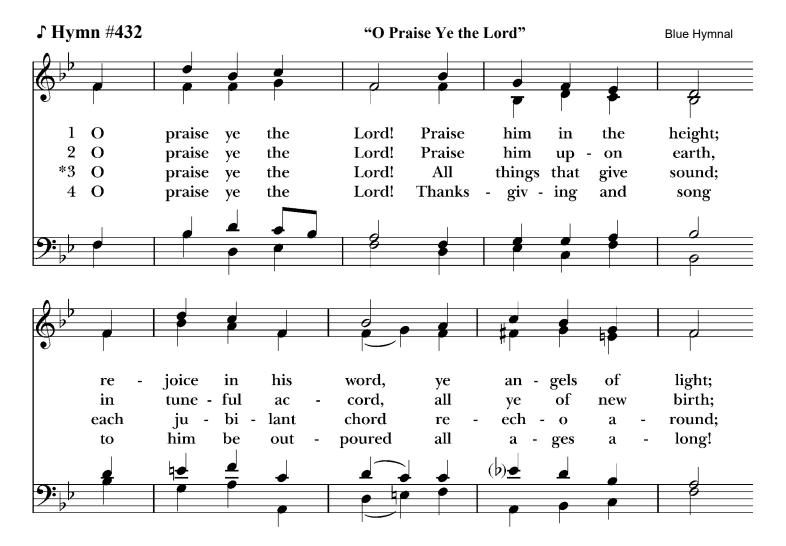
### ~ Prelude ~

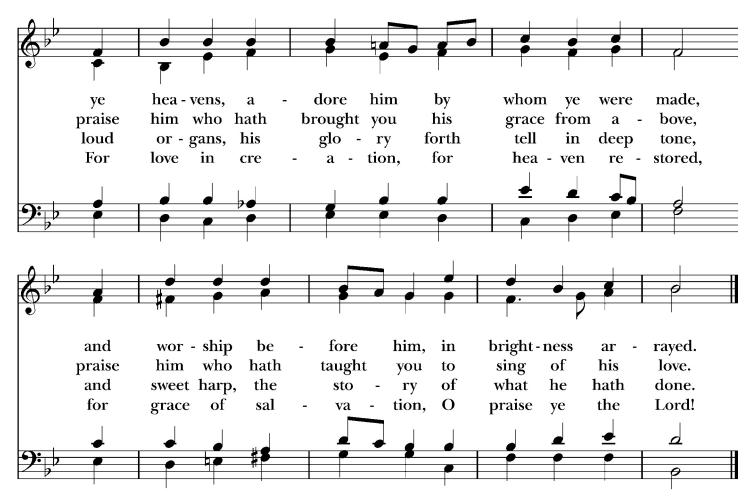
Original Improvisation
Paul Burkle

### Welcome

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

People: Glory to God for ever and ever.





Words: Henry Williams Baker (1821-1877), alt.; based on Psalms 148 and 150. Music: *Laudate Dominum*, Charles Hubert Hastings Parry (1848-1918).

### Collect of the Day

Celebrant: God be with you.

People: And also with you.

Celebrant: O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy:

Increase and multiply upon us your mercy;

that, with you as our ruler and guide, we may so pass through things temporal,

that we lose not the things eternal; through Jesus Christ our Lord,

who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: Amen

#### Hosea 1:2-10

Reader: A Reading from the book of Hosea

When the LORD first spoke through Hosea, the LORD said to Hosea, "Go, take for yourself a wife of whoredom and have children of whoredom, for the land commits great whoredom by forsaking the LORD." So he went and took Gomer daughter of Diblaim, and she conceived and bore him a son.

And the Lord said to him, "Name him Jezreel; for in a little while I will punish the house of Jehu for the blood of Jezreel, and I will put an end to the kingdom of the house of Israel. On that day I will break the bow of Israel in the valley of Jezreel."

She conceived again and bore a daughter. Then the Lord said to him, "Name her Lo-ruhamah, for I will no longer have pity on the house of Israel or forgive them. But I will have pity on the house of Judah, and I will save them by the Lord their God; I will not save them by bow, or by sword, or by war, or by horses, or by horsemen."

When she had weaned Lo-ruhamah, she conceived and bore a son. Then the Lord said, "Name him Lo-ammi, for you are not my people and I am not your God."

Yet the number of the people of Israel shall be like the sand of the sea, which can be neither measured nor numbered; and in the place where it was said to them, "You are not my people," it shall be said to them, "Children of the living God."

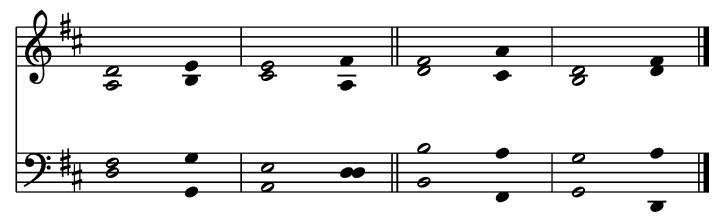
Reader: Hear what the Spirit is saying to God's people.

People: Thanks be to God

**Psalm 85** S-415

#### Benedixisti, Domine

The musician will play through the chant once, then all chant the Psalm together; chant on the first note, moving to the second note for the word that is in bold.



© 1956, Jerome Webster Meachen.

You have been gracious to your land, O LORD, \* you have restored the good fortune of Jacob.

You have forgiven the iniquity of your **people** \* and blotted out all their **sins**.

You have withdrawn all your **fury** \* and turned yourself from your wrathful indig-**nation**.

Restore us then, O God our **Savior**; \* let your anger depart from **us**.

Will you be displeased with us for **ever**? \* will you prolong your anger from age to **age**?



© 1956, Jerome Webster Meachen.

Will you not give us life a-gain, \* that your people may rejoice in you?

Show us your mercy, O LORD, \* and grant us your sal-vation.

I will listen to what the LORD God is **saying**, \* for he is speaking peace to his faithful people and to those who turn their hearts to **him**.

Truly, his salvation is very near to those who **fear him**, \* that his glory may dwell in our **land**.

Mercy and truth have met to-**gether**; \* righteousness and peace have kissed each **other**.

Truth shall spring up from the **earth**, \* and righteousness shall look down from **heaven**.

The LORD will indeed grant pros-perity, \* and our land will yield its increase.

Righteousness shall go before **him**, \* and peace shall be a pathway for his **feet**.

### Colossians 2:6-15

Reader: A Reading from the Paul's letter to the Colossians

As you have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He

disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

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

People: Thanks be to God



#### Luke 11:1-13

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

People: Glory to You, Lord Christ.

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say:

Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread.

And forgive us our sins,

for we ourselves forgive everyone indebted to us.

And do not bring us to the time of trial."

And he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, `Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.' And he answers from within, `Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs.

"So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

Celebrant: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon Rev. Linzi Stahlecker

[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 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.
Who with the Father and the Son is worshiped and glorified, who 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**

Adapted from Glimpses of Glory by David Adams

Almighty God, we seek common union with you; we long to be rooted and grounded in you and your love. May your whole church show its unity and love in you.

We pray for all who are learning to pray, all who are being taught to meditate and to contemplate your presence. We pray for religious communities, for spiritual guides and counselors. Holy God, protect us and deliver us from all evil.

We pray for all whose lives are absorbed by trivial worries, and we pray for all who are possessed by their possessions. We pray for all people who are being led astray, and we pray for all who have a low opinion of themselves, and for those who are devalued by others.

Holy God, protect us

### and deliver us from all evil.

We give thanks for all who have encouraged us, and for all who give us confidence, and we give thanks for all who have helped us to develop our talents and abilities. We pray for educators and for all who are involved in the development of young people. We ask you to bless our homes and our loved ones; and we remember all homes where there is stress, anxiety, and neglect.

Holy God, protect us

### and deliver us from all evil.

We ask you to guide and strengthen all who are fearful.

We pray for any who are awaiting a doctor's diagnosis,
any who are awaiting surgery, medical procedures, or admission to hospital.

We pray for the loved ones of those who are ill, and for all carers.

We pray for all those named in our Bidding Book...

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

Holy God, protect us

#### and deliver us from all evil.

Creator God, we trust in you and in your power to save. You are our strength in times of weakness, our hope in times of trouble.

We ask you to bless all our loved ones departed and keep them in eternal life.

# Holy God, protect us and deliver us from all evil.

Silence

Celebrant: Almighty God, our hearts long for you, our spirits yearn for you.

Open our eyes to behold your coming, free our minds to accept your presence, touch our hearts to accept your love,

that we may give ourselves in love to you as you give yourself to us;

through Jesus Christ our Savior,

who lives and reigns with you and the Holy Spirit,

one God, now and for ever. Amen.

### **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,

Celebrant: May the All-Compassionate God have mercy on you, forgive you all our sins through our Lord 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.

to the glory of your Name. Amen.

People: And also with you.

Please greet one another in the chat.

### **Announcements**

### **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or any 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*.

# 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 any time via our website www.stbenslososos.org



# **J** Hymn

#### "What a Friend We Have in Jesus"

LEVAS 109





Words: Joseph Scriven (1819-1866). Music: Charles C. Converse (1832-1918).

**♪ 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

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,

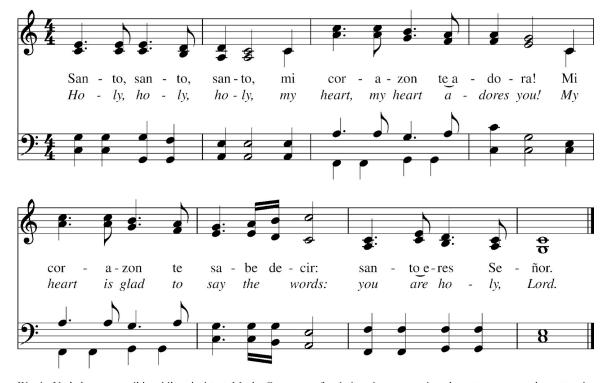
All: We lift them up to God.

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 the host of heaven, with all the saints before and beside us, with siblings east and west, north and south, 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:





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.

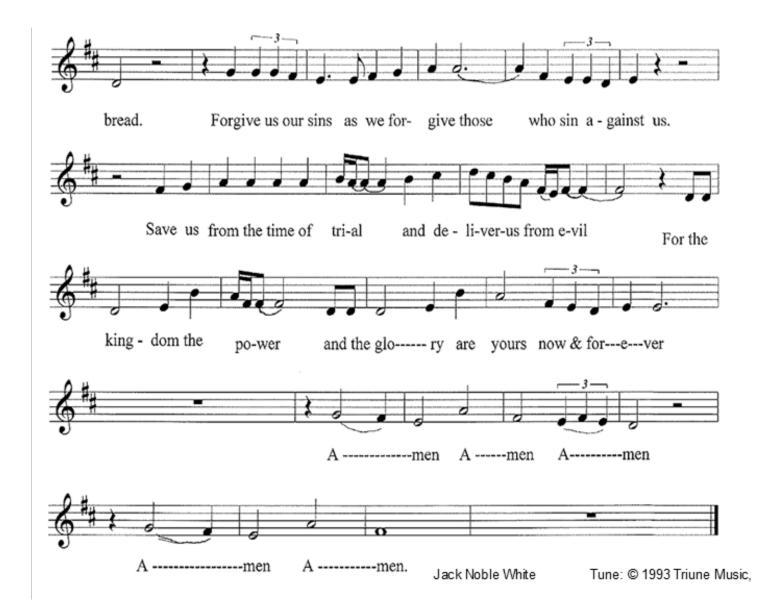
Celebrant: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone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

# **♪** The Lord's Prayer

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





# The Breaking of the Bread

The celebrant breaks the Bread

### Fraction

Celebrant: Alleluia. Christ our Passover is sacrificed for us.

People: Therefore let us keep the feast. Alleluia.

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

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith,

with thanksgiving.

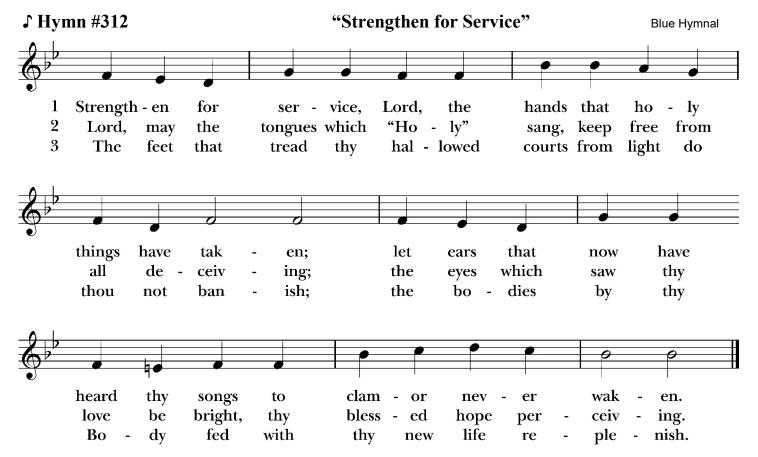
# **Holy Communion**

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.

### **♪** Communion Music

Original Improvisation
Paul Burkle



Words: Syriac Liturgy of Malabar; tr. Charles William Humphreys (1840-1921); alt. Percy Dearmer (1867-1936). By permission of Oxford University Press. Music: *Malabar*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

Silence

# Sending of the Eucharistic Visitor If no visitation is to be made, prayer is not said.

When the Eucharist is brought to people at any place outside our walls, we say the following to send our Lay Eucharistic Visitors or other Ministry team members out with care and blessings.

Celebrant: In the name of this parish family, I send you forth, bearing these holy gifts, to \_\_\_\_\_. Together, we share in the body and blood of Christ. And we who are many are one Body because we share one Bread and one Cup.

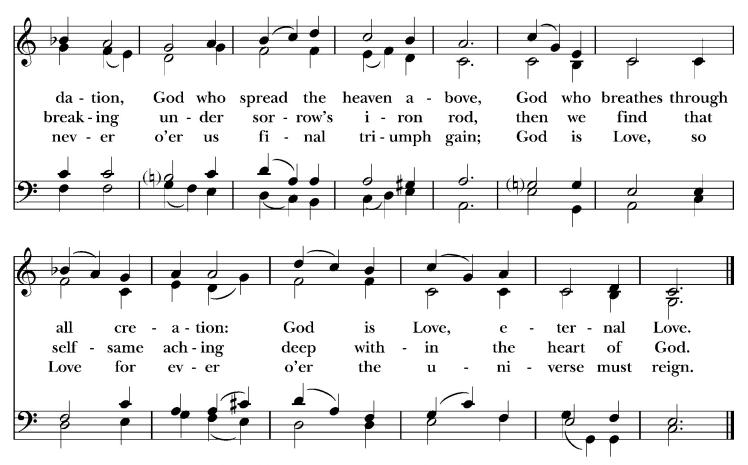
All: We who are many are one Body, because we share one Bread and one Cup. Amen

### Prayer

All: Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

## **Blessing**





Words: Timothy Rees (1874-1939), alt. Held by A.R. Mowbray & Co. Ltd. Music: *Abbot's Leigh*, Cyril Vincent Taylor (1907-1991). Copyright © 1942 Renewal 1970, by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission.

### **Dismissal**

Celebrant: Let us go forth in the name of Christ.

All: Thanks be to God. Alleluia Alleluia!

### **♪** Postlude

Original Improvisation
Paul Burkle

### **Ministers of the Service**

Celebrant: The Rev. Linzi Stahlecker Preacher: The Rev. Linzi Stahlecker

Eucharistic Minister: Brian Spolarich
Lector: John Horsley
Flowers: Sharon Porter

Ushers: Connie Weldon & Alan Kiste

Intercessor: Sandy Fisher Music: Paul Burkle

Altar Guild: Diana Hammerlund

Online Host: Jane Wu

Tellers: Diana Hammerlund & Steve Cake

Technical: Hannah Matthews

Coffee Hour Host: Bob Pelfrey

### This Week at St Ben's

Sunday Jul 20

12:00p Parish Council meeting

Wednesday Jul 30

11a & 4p Laundry Love

Thursday Jul 31

3:00p Healing Ministry

Friday Aug 1

2:00p Celebration of life for Bobbie Shields

Sunday Aug 3

10:30a Bishop's Visit

**Eucharist Service** 

Potluck

### **Announcements**

The Bishop is coming to St. Benedict's! If you're in town, I hope you'll plan on being in church on Sunday, August 3 for Bishop Lucinda's visitation. Now is a great time to consider being Received, Confirmed, or Reaffirmed into the Episcopal Church, these are deeply meaningful sacramental rites and, in the Episcopal Church, can only be administered by a Bishop. If you'd like to know more about these rites, if you're curious, or are ready to sign up, please email Rev. Linzi.

**Tuesday Morning Prayers & Spiritual Conversation:** Both the Tuesday Morning Prayer and the Spiritual Conversation groups will take a break in July. We will resume on August 5th. The Spiritual Conversation will take a look at Pema Chödrön's book When Things Fall Apart: Heart Advice for Difficult Times. "The beautiful practicality of her teaching has made Pema Chödrön one of the most beloved of contemporary American spiritual authors among Buddhists and non-Buddhists alike. The book is a treasury of wisdom for going on living when we are overcome by pain and difficulties."

### Join Our Garden Volunteer Team!

We're looking for enthusiastic volunteers to help us keep The Abundance Shop front garden tidy. Whether you're an experienced gardener or just eager to learn, we'd love your help with planting, weeding, watering, and more. Come grow with us and make a difference! Interested? Contact Laura by phone 805-528-1370 or email abundance@stbenslososos.org.

**Hospitality Ministry:** We are in need of folks to support Coffee Hour on the occasional Sunday. Each week the coffee hour hosts bring in some snacks and nibbles - such as a veggie tray, a fruit tray, cookies etc etc - enough for 40. Maybe partner-up? Or sign up with a couple of buddies? - and grab an upcoming Sunday. Barbara Hirarara would love to hear from you.

**Resonance Presents:** MAGNIFICAT. Resonance Vocal Ensemble, a 30-voice a capella choir (including several St. Ben's folks) will present their annual concert including music by Bach, des Pres, Pärt, Biebl, and more on Saturday August 2 at 7:30PM at Mission SLO, and Sunday August 3 at 3PM at Trinity Lutheran in Paso Robles. Tickets at https://my805tix.com/ (search for Resonance). This concert is a highlight of the choral season and is not to be missed!

**The Cuesta Concord Chorus presents:** Voices Unite! A National Choral Festival August 15-17 with guests the National Chorus of Puerto Rico and Denver Trinity Methodist Chancel Choir. The Festival Concerts are Friday 8/15 at 8PM at Mission SLO and Sunday 8/17 at 1PM at Rava Winery and 3PM at Sculptera Winery. On Sat 8/16 at 7:30PM at the Cal Poly PAC, the Voices Unite choir along with singers from SLO Master Chorale, Vocal Arts, Resonance, Central Coast G&S, Canzona, Singing for Hope, St. Stephen's and St. Ben's and others will form a 160! voice choir to perform Carl Orff's Carmina Burana with full orchestra and soloists. FREE tickets at pacslo.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.



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