

St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Sixth Sunday after Pentecost

July 20, 2025 10:30 am

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

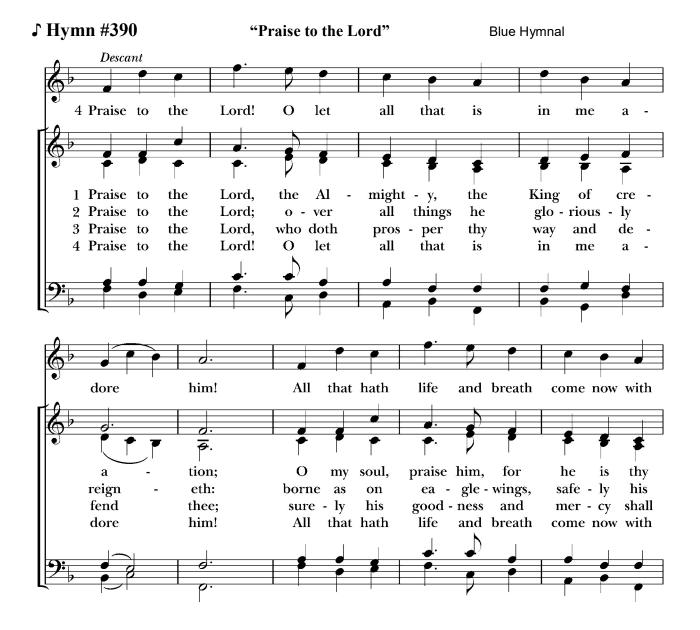
~ Prelude ~

Original Improvisation
Paul Burkle

Welcome

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

People: Glory to God for ever and ever.





Words: Joachim Neander (1650-1680); tr. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *Lobe den Herren*, melody from *Erneuerten Gesangbuch*, 1665; harm. *The Chorale Book for England*, 1863; desc. Craig Sellar Lang (1891-1971). Descant, Copyright © 1953, Novello and Company Limited. Used by permission.

Collect of the Day

Celebrant: God be with you.

People: And also with you.

Celebrant: Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

People: Amen.

Amos 8:1-12

Reader: A Reading from the book of Amos

This is what the Lord God showed me-- a basket of summer fruit. He said, "Amos, what do you see?" And I said, "A basket of summer fruit." Then the Lord said to me,

"The end has come upon my people Israel;

I will never again pass them by.

The songs of the temple shall become wailings in that day," says the Lord GoD;

"the dead bodies shall be many, cast out in every place. Be silent!"

Hear this, you that trample on the needy, and bring to ruin the poor of the land,

saying, "When will the new moon be over so that we may sell grain;

and the sabbath,

so that we may offer wheat for sale?

We will make the ephah small and the shekel great, and practice deceit with false balances,

buying the poor for silver and the needy for a pair of sandals, and selling the sweepings of the wheat."

The LORD has sworn by the pride of Jacob:

Surely I will never forget any of their deeds.

Shall not the land tremble on this account, and everyone mourn who lives in it,

and all of it rise like the Nile,

and be tossed about and sink again, like the Nile of Egypt?

On that day, says the Lord God,

I will make the sun go down at noon, and darken the earth in broad daylight.

I will turn your feasts into mourning, and all your songs into lamentation;

I will bring sackcloth on all loins, and baldness on every head;

I will make it like the mourning for an only son, and the end of it like a bitter day.

The time is surely coming, says the Lord God, when I will send a famine on the land:

not a famine of bread, or a thirst for water, but of hearing the words of the LORD.

They shall wander from sea to sea, and from north to east;

they shall run to and fro, seeking the word of the LORD, but they shall not find it.

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

People: Thanks be to God.

Psalm 52

Deus stetit

All chant the Psalm together, changing note on the bolded word



You tyrant, why do you boast of **wickedness** * against the godly all day **long**?

You plot ruin;

your tongue is like a sharpened **razor**, * O worker of de-**ception**.

You love evil more than **good** * and lying more than speaking the **truth**.

You love all words that **hurt**, * O you deceitful **tongue**.

Oh, that God would demolish you **utterly**, * topple you, and snatch you from your dwelling, and root you out of the land of the **living**!

The righteous shall see and **tremble**, * and they shall laugh at him, **saying**,

"This is the one who did not take God for a **refuge**, * but trusted in great wealth and relied upon **wickedness**."

But I am like a green olive tree in the house of **God**; * I trust in the mercy of God for ever and **ever**.

[repeat the second half of the chant setting] I will give you thanks for what you have **done** * and declare the goodness of your Name in the presence of the **godly**.

Colossians 1:15-28

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

Christ Jesus is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers-- all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

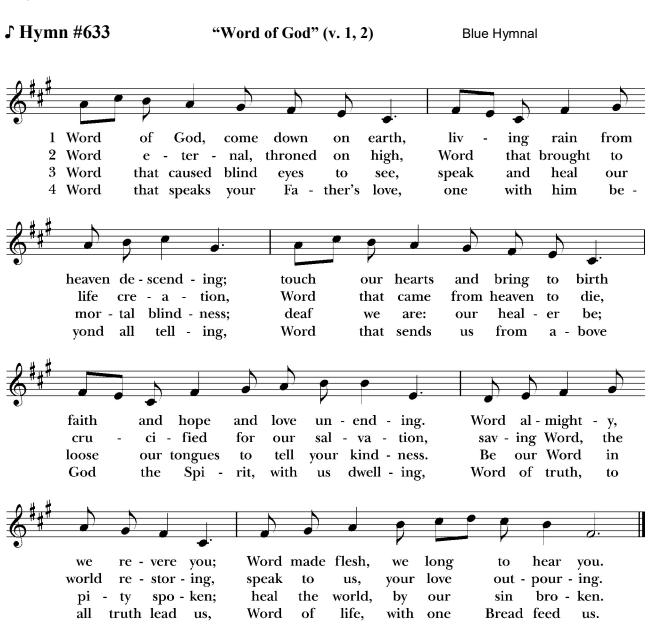
And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him-- provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel

that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel.

I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

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

People: Thanks be to God.



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Luke 10:38-42

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

People: Glory to You, Lord Christ.

As Jesus and his disciples went on their way, Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

Affirmation of Faith

Let us affirm our faith in Jesus Christ the Son of God.

AII:

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

God of invitation, teach us to be truly welcoming.

May your church be attentive to the needs of visitors;

may each church be welcoming and friendly and so reflect your love.

We pray for churches that are struggling because of opposition,

for churches that, nonetheless, strive to serve in areas where there is apathy and animosity. We remember all who are persecuted for their faith.

God of grace and goodness,

Keep us in your peace.

We ask you to bless all who are overworked, stressed, tense, and unable to get rest;

we remember especially those who have no time to share with loved ones, or for leisure.

We pray for the work-weary, the exhausted and the worn out.

We remember children who rarely see the adults who take care of them, and children who lack presence and affection.

We pray for all who are restless and cannot enjoy where they are.

God of grace and goodness,

Keep us in your peace.

We give thanks for the places we can go for rest, places of peace and quiet, for places of leisure and recreation.

We pray for all those in our lives who help us to rest and relax...

We pray for our friends and for our loved ones.

God of grace and goodness,

Keep us in your peace.

We ask your peace upon all who are agitated, individuals and communities.

We remember before you all who are neglected or ignored, all who are lonely and all who are troubled.

We pray for all who have been used or abused by others, all who have suffered from traumatic events, all who have witnessed horror.

We ask that our friends and loved ones who are ill may know your love and protection.

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

[[prayers from the bidding book read here....Please share silently or in the chat]

God of grace and goodness,

Keep us in your peace.

We give thanks for those who are now at rest in you, who have found new peace and new life. We give thanks for the saints, and pray that our loved ones departed may share with them in that glory which is everlasting.

God of grace and goodness,

Keep us in your peace.

Silence

Celebrant: God of grace and goodness, in the midst of the busyness and noise of this world, help us be attentive to your presence; keep us receptive your call, and keep our hearts open to your love, that we may ever rejoice that we dwell in you and you in us; through Christ our Savior, who live and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*.

The Peace

Celebrant: The peace of Christ be always with you.

People: And also with you.

Please greet others in the chat.

Announcements

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*.

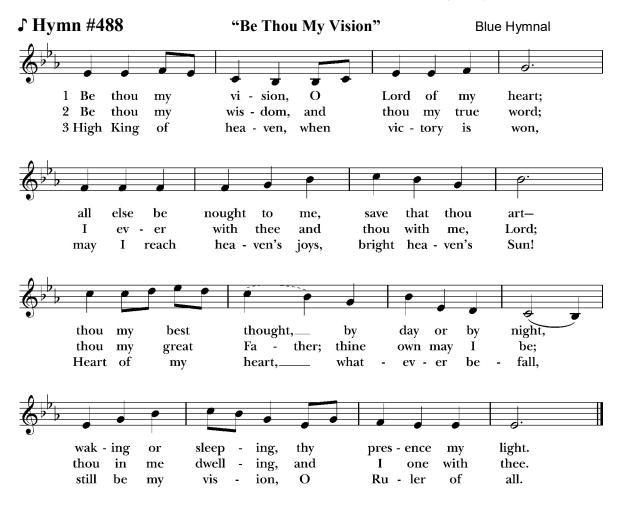
53. For Travelers p 831

O God	l, our heavenly Father,	whose glory fills th	e whole creation,	and whose pr	esence we fir	nd whereve	r we
go: Pre	eserve those who trave	l [in particular]; surround the	m with your lo	ving care; pr	otect them	from
every o	danger; and bring them	into safety to their jo	ourney's end; thro	ugh Jesus Chr	ist our Lord.	Amen.	

The Offertory

You can contribute at our website www.stbenslososos.org at any time.





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.

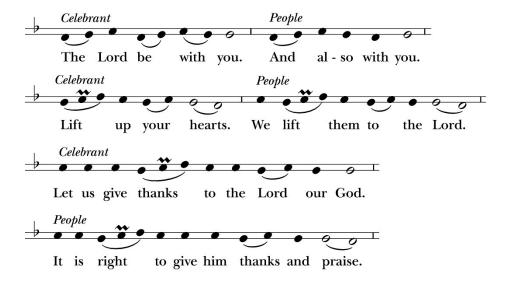
♪ Doxology:

[Hymn tune #400]

[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.

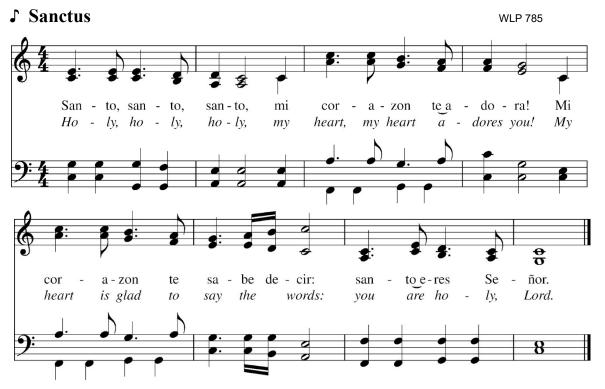
Holy Eucharist

EOW Prayer 3



Setting: Copyright © Church Publishing Inc.

Celebrant All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:



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).

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said:

"Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said:

"Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

All: Dying, you destroyed our death.
Rising, you restored our life.
Christ Jesus, come in glory!

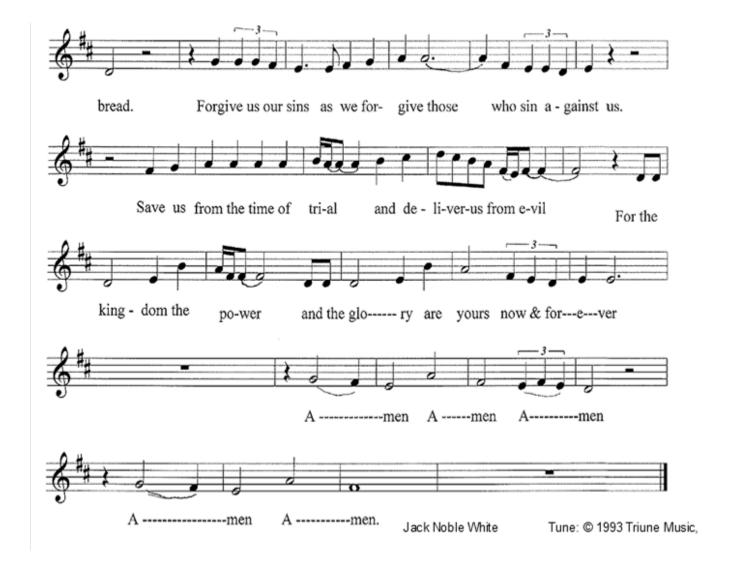
Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with blessed Benedict, and all your people into the joy of our true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

All: Blessed are you now and for 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 to receive communion. If you prefer to receive a blessing, please cross your arms over your chest.

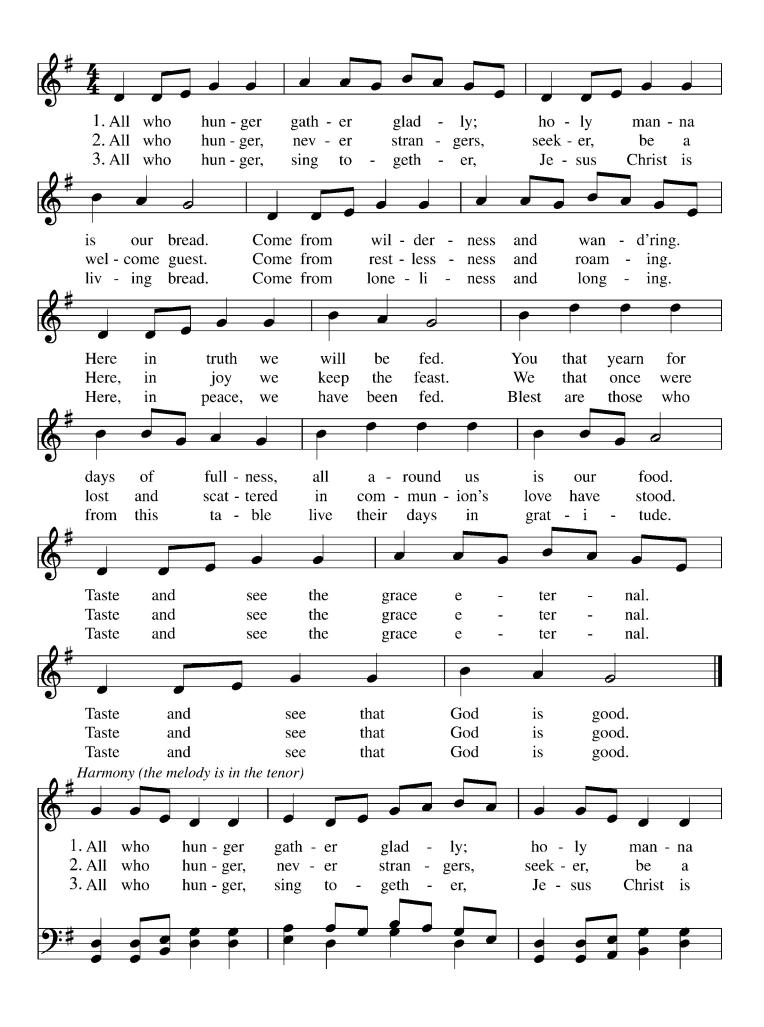
♪ Communion Music

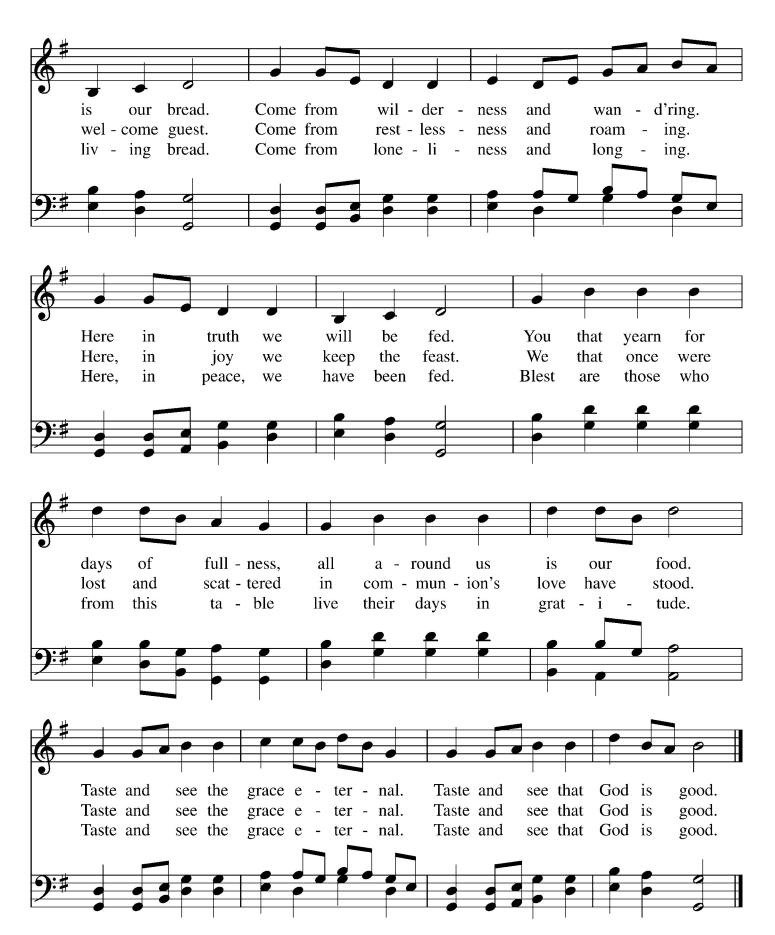
Original Improvisation
Paul Burkle

∫ Hymn

"All Who Hunger" (see page 16-17)

WLP 761





Words: Sylvia G. Dunstan (1955-1993). Music: *Holy Manna*, from *The Southern Harmony*, 1835; alt. harm., *Columbian Harmony*, 1825.

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.

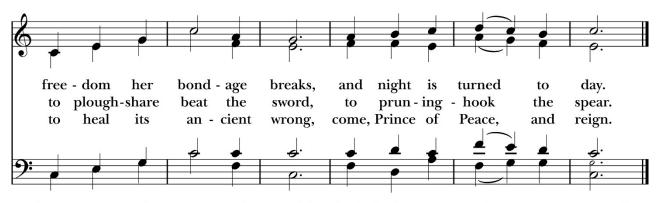
All: We who are many are one Body, because we share one Bread and one Cup. Amen

Prayer

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





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Dismissal

Celebrant: Let go in peace to love and serve our God.

All: Thanks be to God. Alleluia! Alleluia!

√ Postlude

Original Improvisation
Paul Burkle

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Ministers of the Service

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

Eucharistic Minister: Alan Kiste
Lector: Sandy Flsher
Music: Paul Burkle
Flowers: Brian Spolarich

Ushers: Brian Spolarich & Maureen Titus

Intercessor: Louisa Beeler
Altar Guild: Pat Stoneman
Online Host: Connie Weldon

Tellers: Bryson McKelvey & Steve Cake

Technical: Hannah Matthews

Coffee Hour Host: Jane Wu

This Week at St Ben's

Sunday Jul 20

12:00p Parish Council meeting

Saturday Jul 26

2:00p Celebration of life for Kevin Cadigan

Sunday Jul 27

10:30a Eucharist Service

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."

Kevin Cadigan's Celebration of Life will be on Saturday, July 26 at 2pm. **Bobbie Shields' Celebration of Life** will be on Friday, August 1 at 2pm.

Both liturgies will be at St. Benedict's, all are invited and encouraged to attend.

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, economic condition, gender, sexual orientation, 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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