



# St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Fourth Sunday after Pentecost

July 6, 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 Michael Lucas

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

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

## ♪ Hymn #493

## “O for a Thousand Tongues”

Blue Hymnal

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).

## Collect of the Day

Officiant: God be with you.

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

Officiant: O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

**People:** *Amen*

## 2 Kings 5:1-14

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

Naaman, commander of the army of the king of Aram, was a great man and in high favor with his master, because by him the LORD had given victory to Aram. The man, though a mighty warrior, suffered from leprosy. Now the Arameans on one of their raids had taken a young girl captive from the land of Israel, and she served Naaman's wife. She said to her mistress, "If only my lord were with the prophet who is in Samaria! He would cure him of his leprosy." So Naaman went in and told his lord just what the girl from the land of Israel had said. And the king of Aram said, "Go then, and I will send along a letter to the king of Israel."

He went, taking with him ten talents of silver, six thousand shekels of gold, and ten sets of garments. He brought the letter to the king of Israel, which read, "When this letter reaches you, know that I have sent to you my servant Naaman, that you may cure him of his leprosy." When the king of Israel read the letter, he tore his clothes and said, "Am I God, to give death or life, that this man sends word to me to cure a man of his leprosy? Just look and see how he is trying to pick a quarrel with me."

But when Elisha the man of God heard that the king of Israel had torn his clothes, he sent a message to the king, "Why have you torn your clothes? Let him come to me, that he may learn that there is a prophet in Israel." So Naaman came with his horses and chariots, and halted at the entrance of Elisha's house. Elisha sent a messenger to him, saying, "Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean." But Naaman became angry and went away, saying, "I thought that for me he would surely come out, and stand and call on the name of the LORD his God, and would wave his hand over the spot, and cure the leprosy! Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them, and be clean?" He turned and went away in a rage. But his servants approached and said to him, "Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, 'Wash, and be clean'?" So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.

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

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

## Psalms 30

*Exaltabo te, Domine*

I will exalt you, O LORD,  
because you have lifted me up \*  
and have not let my enemies triumph over me.

O LORD my God, I cried out to you, \*

and you restored me to health.

You brought me up, O LORD, from the dead; \*  
you restored my life as I was going down to the grave.

Sing to the LORD, you servants of his; \*  
give thanks for the remembrance of his holiness.

For his wrath endures but the twinkling of an eye, \*  
his favor for a lifetime.

Weeping may spend the night, \*  
but joy comes in the morning.

While I felt secure, I said,  
"I shall never be disturbed. \*  
You, LORD, with your favor, made me as strong as the mountains."

Then you hid your face, \*  
and I was filled with fear.

I cried to you, O LORD; \*  
I pleaded with the Lord, saying,

"What profit is there in my blood, if I go down to the Pit? \*  
will the dust praise you or declare your faithfulness?

Hear, O LORD, and have mercy upon me; \*  
O LORD, be my helper."

You have turned my wailing into dancing; \*  
you have put off my sack-cloth and clothed me with joy.

Therefore my heart sings to you without ceasing; \*  
O LORD my God, I will give you thanks for ever.

## **Galatians 6:1-6, 7-16**

*Reader: A Reading from the Paul's letter to the Galatians*

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfill the law of Christ. For if those who are nothing think they are something, they deceive themselves. All must test their own work; then that work, rather than their neighbor's work, will become a cause for pride. For all must carry their own loads.

Those who are taught the word must share in all good things with their teacher.

Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

See what large letters I make when I am writing in my own hand! It is those who want to make a good

showing in the flesh that try to compel you to be circumcised-- only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule-- peace be upon them, and mercy, and upon the Israel of God.

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

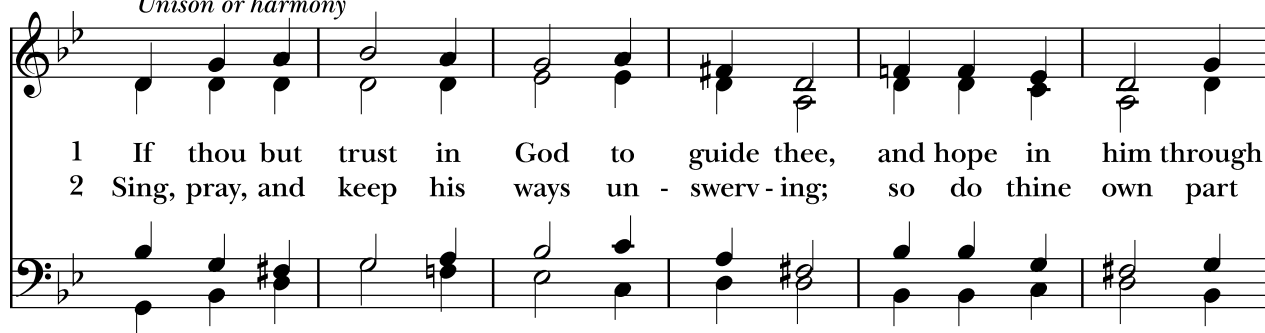
**People: Thanks be to God**

♪ **Hymn #635**

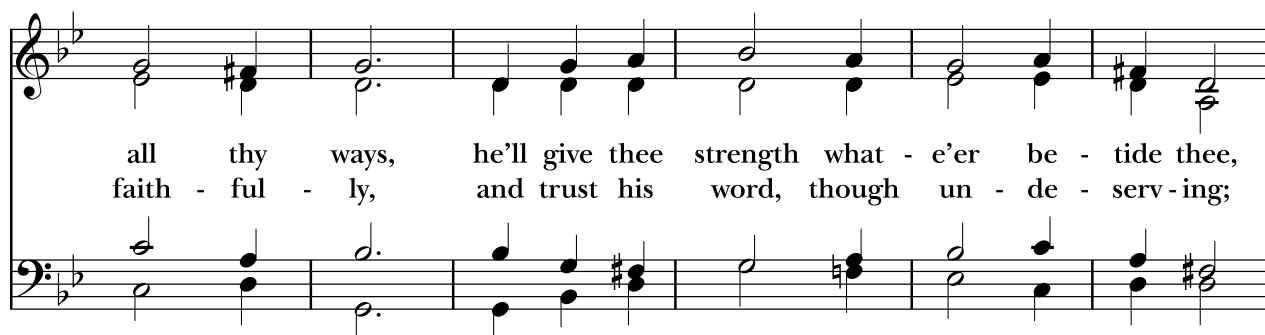
**"If Thou but Trust in God "**

Blue Hymnal

*Unison or harmony*



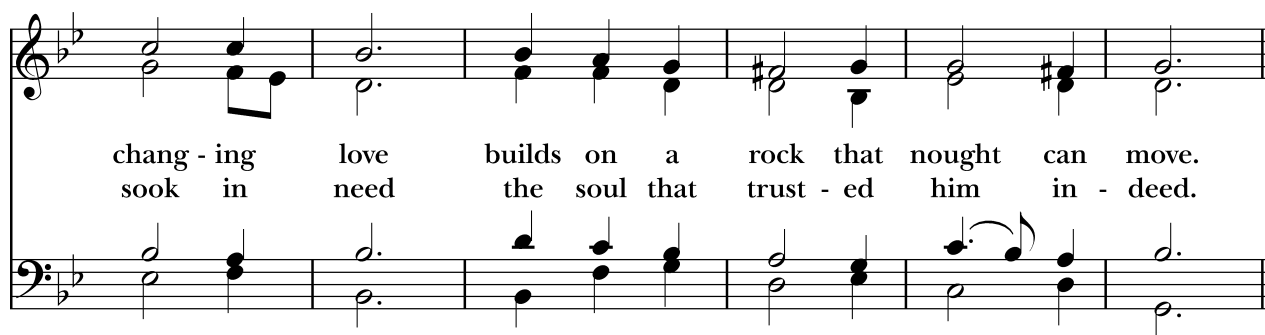
1 If thou but trust in God to guide thee, and hope in him through  
2 Sing, pray, and keep his ways un - swerv - ing; so do thine own part



all thy ways, he'll give thee strength what - e'er be - tide thee,  
faith - ful - ly, and trust his word, though un - de - serv - ing;



and bear thee through the e - vil days. Who trusts in God's un -  
thou yet shalt find it true for thee; God nev - er yet for -



chang - ing love builds on a rock that nought can move.  
sook in need the soul that trust - ed him in - deed.

## **Luke 10:1-11, 16-20**

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

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

The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, 'Peace to this house!' And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking whatever they provide, for the laborer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, 'The kingdom of God has come near to you.' But whenever you enter a town and they do not welcome you, go out into its streets and say, 'Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near.'

"Whoever listens to you listens to me, and whoever rejects you rejects me, and whoever rejects me rejects the one who sent me."

The seventy returned with joy, saying, "Lord, in your name even the demons submit to us!" He said to them, "I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven."

*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 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 all Creation, guide us as we strive to serve you,  
give us joy in our work, and hope for a good outcome.  
We pray for all who work as laborers in your harvest:  
give them grace to speak out against the wrongs of this world, and to support  
what is right and good.  
Give to all who work in mission and ministry the gift of discernment.  
God of all Creation,  
**Hear our prayer.**

We give thanks for the resources and the harvests of the world.  
We pray for a time when none hunger, or are deprived,  
that the produce and all the good things of this planet be shared with equity and justice.  
We remember all parts of the world where the crops have failed, and where our eco-crisis  
has driven people out of their homeland.  
God of all Creation,  
**Hear our prayer.**

We give thanks for all you have given us;  
teach us to be generous and to share with others from our abundance.  
Let us never tire of doing good works.  
We remember all those who are struggling to find employment, and those who are  
forced to live in poor conditions.  
God of all Creation,  
**Hear our prayer.**

We pray for those who can no longer earn a living due to illness or disability.  
We remember all those who must manage chronic illness, or mobility issues.  
We pray for all who are excluded, peripheralized, or made to feel invisible in our society.  
We ask your blessing on friends and loved ones who are in need.  
We pray for all those named in our Bidding Book.

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

God of all Creation,  
**Hear our prayer.**

We pray for all who mourn, all who are bereaved, all who are grieving.  
We remember especially all those who are finding it hard to cope without the one  
they love but see no longer.  
We ask your blessing on all the beloved departed, all who are renewed in your eternal Presence.  
God of all Creation,  
**Hear our prayer.**

*Silence*

Officiant: Creator God, Source of all that is, keep us strong in the faith. Direct us in all our doings, and give us  
your help, that we may proclaim the glory of your kingdom; share your peace with those we meet; and  
continue to rejoice in your saving power. Through Jesus Christ our Savior, who is alive and reigns with you  
and the Holy Spirit, world without end. **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,  
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.

## 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, 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 can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.



#### ♪ Hymn #674 “Forgive Our Sins as We Forgive” Blue Hymnal

1 “For - give our sins as we for - give” you  
2 How can your par - don reach and bless the  
3 In blaz - ing light your cross re - veals the  
4 Lord, cleanse the depths with - in our souls, and

taught us, Lord, to pray; but you a - lone can  
un - for - giv - ing heart that broods on wrongs and  
truth we dim - ly knew, how small the debts men  
bid re - sent - ment cease; then, re - con - ciled to

grant us grace to live the words we say.  
will not let old bit - ter - ness de - part?  
owe to us, how great our debt to you.  
God and man, our lives will spread your peace.

Words: Rosamond E. Herklots (1905-1987). By permission of Oxford University Press. Music: *Detroit*, from *Supplement to Kentucky Harmony*, 1820; acc. Margaret W. Mealy (b. 1922).



## ♪ 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 sing,

Voice

Our Fa-----ther in  
Heaven Holy be- your name Your kingdom come; Your will be  
done on earth as in heav'n. Give us this day our dai-----ly  
bread. Forgive us our sins as we for- give those who sin a - gainst us.

Save us from the time of trial and de-li-ver-us from e-vil For the

king-dom the po-wer and the glo-ry are yours now & for-e-ver

A-men A-men A-men

A-men A-men. Jack Noble White Tune: © 1993 Triune Music,

## 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)

(please stand as you are able)

## ♪ Hymn #719 "O Beautiful for Spacious Skies " Blue Hymnal

## Dismissal

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

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

## ♪ Postlude

*Original Improvisation*

Paul Burkle

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

## Ministers of the Service

Officiant:	Michael Lucas
Preacher:	Michael Lucas
Liturgical Assistant:	Barbara Hirahara
Lector:	Bob Pelfrey
Flowers:	Pamela Bleisch
Ushers:	Connie Weldon & Maureen Titus
Intercessor:	Lisa Gonzalez
Music:	Paul Burkle
Altar Guild:	
Online Host:	Don Maruska
Tellers:	Steve Cake & Alice Welchert
Technical:	Hannah Matthews
Coffee Hour Host:	Potluck

## This Week at St Ben's

Tuesday	Jul 8
7:00p	Resonance
Sunday	Jul 13
10:30a	Liturgy of the Word Service

## Announcements

**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 book is a treasury of wisdom for going on living when we are overcome by pain and difficulties."

**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.

## Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tilhini (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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