



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Eleventh Sunday after Pentecost

August 24, 2025 10:30am

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

The Rev. Linzi Stahlecker

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

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

♪ Hymn #518

"Christ is made the sure foundation"

Blue Hymnal

1 Christ is made the sure foun - da - tion, Christ the head and
2 All that denoted city, dear - ly loved of
3 To this temple, where we call thee, come, O Lord of
4 Here vouch - safe to all thy serv - ants what they ask of

cor - ner - stone, cho - sen of the Lord, and pre - cious,
God on high, in ex - ult - ant ju - bi - la - tion
Hosts, to - day; with thy wont - ed lov - ing - kind - ness
thee to gain; what they gain from thee, for ev - er

bind - ing all the Church in one; ho - ly Zi - on's
 pours per - pet - ual mel - o - dy; God the One in
 hear thy serv - ants as they pray, and thy full - est
 with the bless - ed to re - tain, and here - af - ter

help for ev - er, and her con - fi - dence a - lone.
 Three a - dor - ing in glad hymns e - ter - nal - ly.
 ben - e - dic - tion shed with - in its walls al - way.
 in thy glo - ry ev - er - more with thee to reign.

Words: Latin, ca. 7th cent.; tr. *Hymns Ancient and Modern*, 1861, after John Mason Neale (1818-1856), alt. Music: *Westminster Abbey*, Henry Purcell (1659-1695), adapt; desc. James Gillespie (b. 1929). Descant by permission of Church Society, London.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: *Amen*

Jeremiah 1:4-10

Reader A Reading from the book of Jeremiah

The word of the LORD came to me saying,

"Before I formed you in the womb I knew you,
 and before you were born I consecrated you;
 I appointed you a prophet to the nations."

Then I said, "Ah, Lord GOD! Truly I do not know how to speak, for I am only a boy." But the LORD said to me,
 "Do not say, 'I am only a boy';
 for you shall go to all to whom I send you,
 and you shall speak whatever I command you,

Do not be afraid of them,
for I am with you to deliver you,
says the LORD."

Then the LORD put out his hand and touched my mouth; and the LORD said to me,

"Now I have put my words in your mouth.

See, today I appoint you over nations and over kingdoms,

to pluck up and to pull down,

to destroy and to overthrow,

to build and to plant."

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

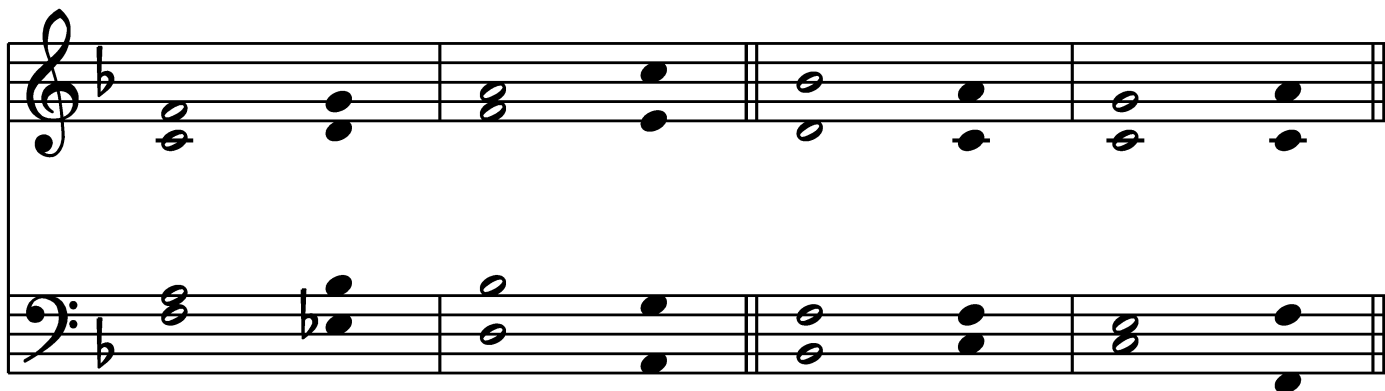
People: *Thanks be to God*

Psalm 85

S-413

In te, Domine, speravi

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.



© 1979, Robert Knox Kennedy.

In you, O LORD, have I taken **refuge**; *
let me never be a-**shamed**.

In your righteousness, deliver me and set me **free**; *
incline your ear to me and **save me**.

Be my strong rock, a castle to keep me **safe**; *
you are my crag and my **stronghold**.

Deliver me, my God, from the hand of the **wicked**, *
from the clutches of the evildoer and the o-**ppressor**.

For you are my hope, O Lord **GOD**, *
my confidence since I was **young**.

I have been sustained by you ever since I was born;
from my mother's womb you have been my **strength**; *
my praise shall be always of **you**.

Hebrews 12:18-29

Reader: A Reading from the letter to the Hebrews

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken-- that is, created things-- so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

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

People: Thanks be to God

♪ Hymn #633

"Word of God"

Blue Hymnal



1 Word of God, come down on earth, liv - ing rain from
2 Word e - ter - nal, throned on high, Word that brought to
3 Word that caused blind eyes to see, speak and heal our
4 Word that speaks your Fa - ther's love, one with him be -



heaven de - scend - ing; touch our hearts and bring to birth
life cre - a - tion, Word that came from heaven to die,
mor - tal blind - ness; deaf we are: our heal - er be;
yond all tell - ing, Word that sends us from a - bove



faith and hope and love un - end - ing. Word al - might - y,
cru - ci - fied for our sal - va - tion, sav - ing Word, the
loose our tongues to tell your kind - ness. Be our Word in
God the Spi - rit, with us dwell - ing, Word of truth, to



we re - vere you; Word made flesh, we long to hear you.
world re - stor - ing, speak to us, your love out - pour - ing.
pi - ty spo - ken; heal the world, by our sin bro - ken.
all truth lead us, Word of life, with one Bread feed us.

Words: James Quinn (b. 1919). Copyright © 1969 James Quinn, SJ, printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Mt. St. Alban NCA*, Richard Wayne Dirksen (b. 1921). Copyright © 1984 Richard W. Dirksen.

Luke 13:10-17

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

People: Glory to You, Lord Christ.

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

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

Holy One, move us, move our wills and direct us by your Spirit.
Help us and your whole church to know when to pull down and when to rebuild;
give us discernment and courage to do what you would have us do.
We pray for churches and communities caught up in constant change,
for those who have become restless and cannot settle at all.
We pray for those who build-up communities and confidence,
and for the leaders and clergy in our church.

Loving God, let your light shine upon us
and we will be saved.

We pray for all who seek to provide good housing, and steward places of beauty,
for city planners, architects, and construction workers, for all who care for and maintain parks and gardens.
We remember all who live in areas wracked by poverty,
for all whose lives are in danger, and who live without clean water, and who have no access to health care.
May God bless all who give their lives for the building up of communities.

Loving God, let your light shine upon us
and we will be saved.

Gracious God, teach us to reverence the earth,
to have respect and awe for creation and one another,
to keep holy days, that we may be aware of you.

We ask you to make the places where we live places of light and love, of grace and goodness.

Loving God, let your light shine upon us
and we will be saved.

We remember all who live in fear of violence, because of war, oppression, or hatred.

We pray for all who have suffered from abuse or contempt.

We ask your blessing on all whose lives are impacted by illness, all who are struggling with disability.

We pray for friends and loved ones who are suffering at this time.

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

Loving God, let your light shine upon us
and we will be saved.

We give thanks that you are the God who makes all things new,
you heal and restore your people.

We pray for loved ones who have passed through death and are in light and life everlasting.

Loving God, let your light shine upon us
and we will be saved.

Silence

Celebrant: Holy One, receive our prayers: help us discern what you would have us do,
help us realize what we are capable of and can do now.

As you call us and empower us, make us worthy of our calling;
through Jesus Christ our Savior. 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.

Celebrant: May the All-Compassionate God have mercy on you,
forgive you all our sins through our Savior Jesus Christ,
strengthen you in all goodness,
and by the power of the Holy Spirit keep you in eternal life.

All: *Amen.*

The Peace

Celebrant: The peace of Christ be always with you.

People: *And also with you.*

Please greet one another in the name of Christ in the chat.

Announcements

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or special concern, please share in the chat.

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.*

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.*

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 may contribute at our website www.stbenslososos.org at any time.



♪ Hymn #490

"I want to walk"

Blue Hymnal

1 I want to walk as a child of the light.
2 I want to see the bright - ness of God.
3 I'm look - ing for the com - ing of Christ.

I want to fol - low Je - sus.
 I want to look at Je - sus.
 I want to be with Je - sus.

God set the stars to give light to the world. The
 Clear sun of right - eous - ness, shine on my path, and
 When we have run with pa - tience the race, we

star of my life is Je - sus.
 show me the way to the Fa - ther.
 shall know the joy of Je - sus.

Refrain

In him there is no dark - ness at all. The

night and the day are both a - like. The

Lamb is the light of the ci - ty of God. *rit.*

a tempo
Shine in my heart, Lord Je - sus.

Words: Kathleen Thomerson (b. 1934). Copyright © 1970, 1975, Celebration, Aliquippa, PA 15001. All Rights Reserved. Used by permission. Music: Houston, Kathleen Thomerson (b. 1934).

♪ 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

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 and all the saints before and beside us, with siblings east and west, 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:

♪ Sanctus

WLP 875

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dore you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

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).

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.*

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*

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

Voice

Our Fa----ther in

Heaven Holy be-³ 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 tri-al 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,

The Breaking of the Bread

The celebrant breaks the Bread

Fraction Anthem

WLP 875



Be known to us, Lord Je - sus, } in the
The dis - ci - ples knew the Lord Je - sus }



break - ing of the bread. Be bread. The
The dis -

bread which we break, al - le - lu - ia, Is the com -

Congregation

mun - ion of the bod - y of Christ. Be
The dis -

known to us, Lord Je - sus, } in the break - ing of the
ci - ples knew the Lord Je - sus }

Cantor or Choir

bread. One bod - y are we, al - le - lu - ia, for though

Congregation

man - y we share one bread. Be known to us, Lord
The dis - ci - ples knew the Lord

Je - sus, } in the break - ing of the bread.
Je - sus }

Music: Gary James (b. 1957). Copyright © 1992 Morningstar Music Publishers.

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. Please contact the church office to arrange to receive communion in your home.

♪ Communion Music

Original Improvisation

Paul Burkle



1 O day of peace that dim - ly shines through all our
2 Then shall the wolf dwell with the lamb, nor shall the



hopes and prayers and dreams, guide us to jus - tice, truth, and
fierce de - vour the small; as beasts and cat - tle calm - ly



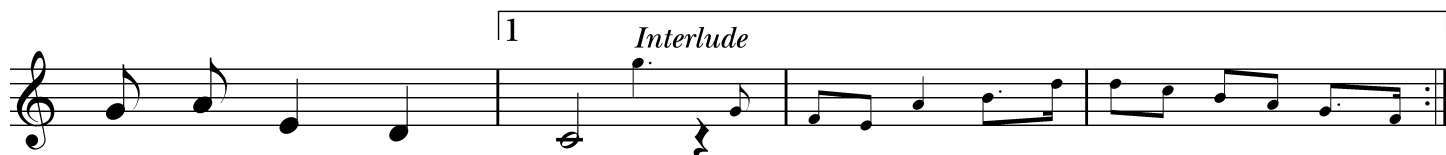
love, de - liv - ered from our self - ish schemes. May swords of
graze, a lit - tle child shall lead them all. Then en - e -



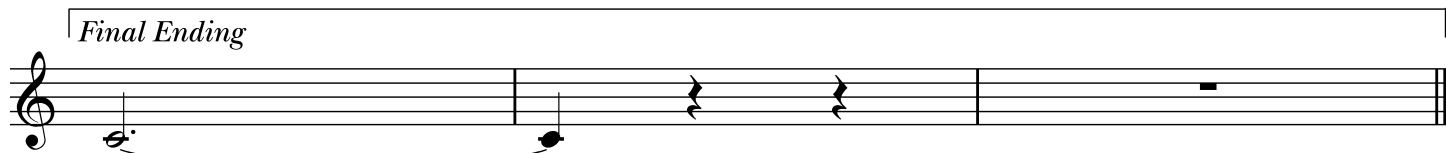
hate fall from our hands, our hearts from en - vy find re -
mies shall learn to love, all crea - tures find their true ac -



lease, till by God's grace our war - ring world shall see Christ's
cord; the hope of peace shall be ful - filled, for all the



prom - ised reign of peace.
earth shall know the (Lord.)



Lord. _____

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

♪ Hymn #537

"Christ for the world we sing"

Blue Hymnal

1 Christ for the world we sing! The world to
2 Christ for the world we sing! The world to
3 Christ for the world we sing! The world to
4 Christ for the world we sing! The world to

Christ we bring with lov - ing zeal; the poor, and
Christ we bring with fer - vent prayer; the way - ward
Christ we bring with one ac - cord; with us the
Christ we bring with joy - ful song; the new - born

them that mourn, the faint and o - ver - borne,
 and the lost, by rest - less pas - sions tossed,
 work to share, with us re - proach to dare,
 souls, whose days, re - claimed from er - ror's ways,

sin - sick and sor - row - worn, whom Christ doth heal.
 re - deemed at count - less cost from dark de - spair.
 with us the cross to bear, for Christ our Lord.
 in - spired with hope and praise, to Christ be - long.

Words: Samuel Wolcott (1813-1886). Music: *Moscow*, melody Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916 based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1892).

Dismissal

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

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

♪ Postlude

Original Improvisation

Paul Burkle

Ministers of the Service

Celebrant:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Eucharistic Minister:	Alan Kiste
Chalice:	Brian Spolarich
Lector:	Sandy Fisher
Flowers:	Elaine Beckham
Ushers:	Brian Spolarich
Ushers:	Maureen Titus
Intercessor:	Sandy Fisher
Music:	Paul Burkle
Altar Guild:	Diana Hammerlund
Tellers:	Alice Welchert & Bryson McKelvey
Technical:	Hannah Matthews
Coffee Hour Host:	Bob Pelfrey

This Week at St Ben's

Tuesday	Aug 26
9:45 am	Prayers for the Morning (Zoom)
10:30 am	Spiritual Conversation (Zoom)
Wednesday	Aug 27
11 am & 4 pm	Laundry Love
Sunday	Aug 31
10:30 am	Eucharist Service

Announcements

Tuesday Morning Prayers & Spiritual Conversation: The Spiritual Conversation group is reading 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."*

The Season of Creation begins in September: an international, ecumenical time of prayer, reflection, and action, it begins on September 1 with the World Day of Prayer for Creation, and ends on October 4, the Feast Day of St. Francis. The central theme for this year is "Peace with Creation," inspired by Isaiah 32:14-18:

Then justice will dwell in the wilderness

and righteousness abide in the fruitful field.

The effect of righteousness will be peace,

and the result of righteousness, quietness and trust forever.

My people will abide in a peaceful habitation,

in secure dwellings, and in quiet resting places.

Foundations of Creation Care and Creation Justice: On September 20, the diocesan Social Justice Committee is hosting a conference, Spiritual Foundations of Creation Care and Creation Justice, this is a one-day, in-person conference, and will be held at Church of the Good Shepherd, in Salinas. Folks from St. Ben's Earthcare are planning on driving up, if you'd like to coordinate a ride please reach out to the group. There is a link in the Benediction Weekly.

Blessing of the Animals will be in the yard at the Abundance Shop, on Saturday, October 4. We will have a short prayer service at 3pm, during which we'll bless those animals present, and offer prayers for all those companion animals we love. We could use some help planning and coming out on the day for this, so if you can help support this event, an important way St. Benedict's brings the love of God out into the community, please let Rev. Linzi know via email.

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, 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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