



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Eighth Sunday after Pentecost

August 3, 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.*

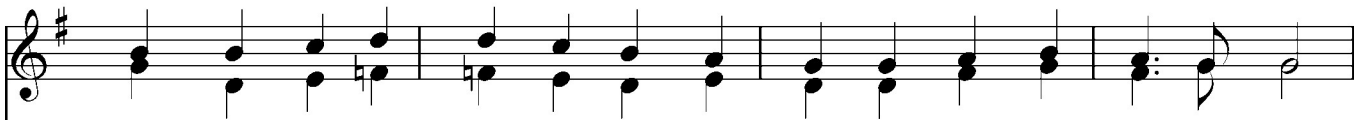
♪ Hymn #376

"Joyful, Joyful"

Blue Hymnal



1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,



hearts un - fold like flowers be - fore thee, prais-ing thee, their sun a - bove.
stars and an - gels sing a-round thee, cen - ter of un - bro - ken praise.
well - spring of the joy of liv - ing, o - cean-depth of hap - py rest!



Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;
Field and for - est, vale and moun-tain, bloom-ing mea-dow, flash - ing sea,
Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;



giv - er of im - mor - tal glad-ness, fill us with the light of day.
chant - ing bird and flow-ing foun-tain, call us to re - joice in thee.
teach— us how to love each o - ther, lift us to the joy di - vine.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let your continual mercy, O God, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: *Amen*

Hosea 11:1-11

Reader: A Reading from the book of Hosea

When Israel was a child, I loved him,
and out of Egypt I called my son.

The more I called them,
the more they went from me;

they kept sacrificing to the Baals,
and offering incense to idols.

Yet it was I who taught Ephraim to walk,
I took them up in my arms;
but they did not know that I healed them.

I led them with cords of human kindness,
with bands of love.

I was to them like those
who lift infants to their cheeks.
I bent down to them and fed them.

They shall return to the land of Egypt,
and Assyria shall be their king,
because they have refused to return to me.

The sword rages in their cities,
it consumes their oracle-priests,
and devours because of their schemes.

My people are bent on turning away from me.
To the Most High they call,
but he does not raise them up at all.

How can I give you up, Ephraim?
How can I hand you over, O Israel?

How can I make you like Admah?
How can I treat you like Zeboiim?

My heart recoils within me;
my compassion grows warm and tender.

I will not execute my fierce anger;
I will not again destroy Ephraim;

for I am God and no mortal,
the Holy One in your midst,
and I will not come in wrath.

They shall go after the LORD,
who roars like a lion;

when he roars,
his children shall come trembling from the west.

They shall come trembling like birds from Egypt,
and like doves from the land of Assyria;
and I will return them to their homes, says the LORD.

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

People: Thanks be to God.

Psalm 107:1-9, 43

S415

Confitemini Domino

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.

Give thanks to the LORD, for he is **good**, *
and his mercy endures for **ever**.

Let all those whom the LORD has redeemed **proclaim** *
that he redeemed them from the hand of the **foe**.

He gathered them out of the **lands**; *
from the east and from the west,
from the north and from the **south**.

Some wandered in desert **wastes**; *
they found no way to a city where they might **dwell**.

They were hungry and **thirsty**; *
their spirits languished within **them**.

Then they cried to the LORD in their **trouble**, *
and he delivered them from their dis-**tress**.

He put their feet on a straight **path** *
to go to a city where they might **dwell**.

Let them give thanks to the LORD for his **mercy** *
and the wonders he does for his **children**.

For he satisfies the **thirsty** *
and fills the hungry with **good things**.

Whoever is wise will ponder these **things**, *
and consider well the mercies of the **LORD**.

Colossians 3:1-11

Reader: A Reading from the letter to the Colossians

If you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.

Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry). On account of these the wrath of God is coming on those who are disobedient. These are the ways you also once followed, when you were living that life. But now you must get rid of all such things-- anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free; but Christ is all and in all!

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

People: Thanks be to God.

♪ Hymn #508

"Breathe on Me Breath of God"

Blue Hymnal

1 Breathe on me, Breath of God, fill me with life a - new,
2 Breathe on me, Breath of God, un - til my heart is pure,
3 Breathe on me, Breath of God, till I am whol - ly thine,
4 Breathe on me, Breath of God, so shall I nev - er die;

that I may love what thou dost love, and do what thou wouldst do.
un - til with thee I will one will, to do or to en - dure.
till all this earth - ly part of me glows with thy fire di - vine.
but live with thee the per - fect life of thine e - ter - ni - ty.

Words: Edwin Hatch (1835-1889), alt. Music: *Nova Vita*, Lister R. Peace (1885-1969).

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

People: *Glory to You, Lord Christ.*

Someone in the crowd said to Jesus, "Teacher, tell my brother to divide the family inheritance with me." But he said to him, "Friend, who set me to be a judge or arbitrator over you?" And he said to them, "Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions." Then he told them a parable: "The land of a rich man produced abundantly. And he thought to himself, 'What should I do, for I have no place to store my crops?' Then he said, 'I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, 'Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.' But God said to him, 'You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?' So it is with those who store up treasures for themselves but are not rich toward God."

Gospeller: *The Gospel of Christ.*

People: *Praise to You, Lord Christ.*

Sermon

The Right Rev. Lucinda Ashby

[We pause for a few moments' reflection.]

Renewal of Baptismal Vows (please stand as you are able)

Let us renew the solemn promises and and vows of Holy Baptism.

Celebrant: Do you reaffirm your renunciation of evil and
renew your commitment to Jesus Christ?

People: *I do.*

Celebrant: Do you believe in God the Father?

People: *I believe in God, the Father almighty,
creator of heaven and earth.*

Celebrant: Do you believe in Jesus Christ, the Son of God?

People: *I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.*

Celebrant: Do you believe in God the Holy Spirit?

People: *I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.*

Celebrant: Will you continue in the apostles' teaching and fellowship, in the breaking of the bread, and in the prayers?

People: *I will, with God's help.*

Celebrant: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

People: *I will, with God's help.*

Celebrant: May Almighty God, the Father of our Lord Jesus Christ, who has given us a new birth by water and the Holy Spirit, and bestowed upon us the forgiveness of sins, keep us in eternal life by his grace, in Christ Jesus our Lord. *Amen.*

Prayers of the People

BCP Form IV

Deacon: Let us pray for the Church and for the world.

Intercessor: Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

God, in your mercy
Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Silence

God, in your mercy
Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Silence

God, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Silence

God, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

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

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

Silence

God, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

God, in your mercy

Hear our prayer.

Celebrant: Holy One, accept these prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, now and for ever. ***Amen.***

Confession and Absolution

Deacon: *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: Almighty God have mercy on you, forgive you all your 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.

People: *And also with you.*

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.*

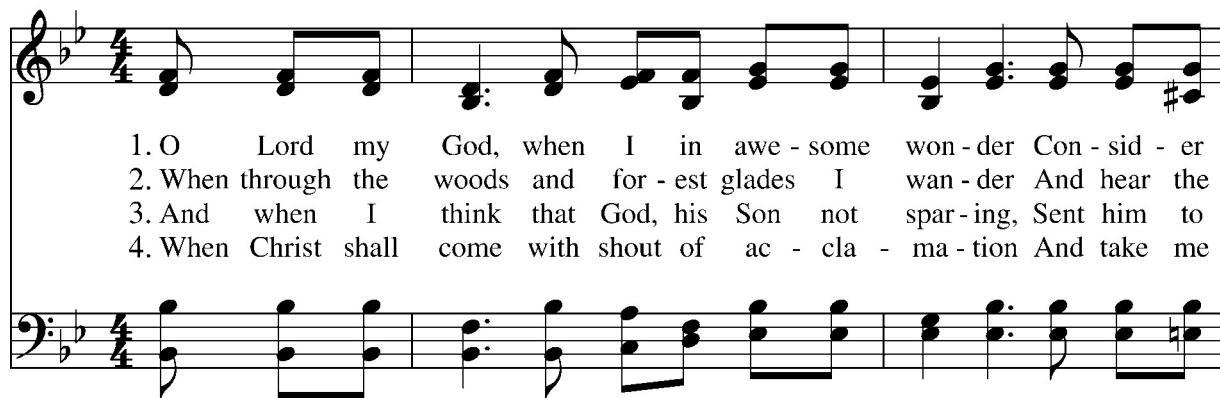
53. For Travelers p 831

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.*

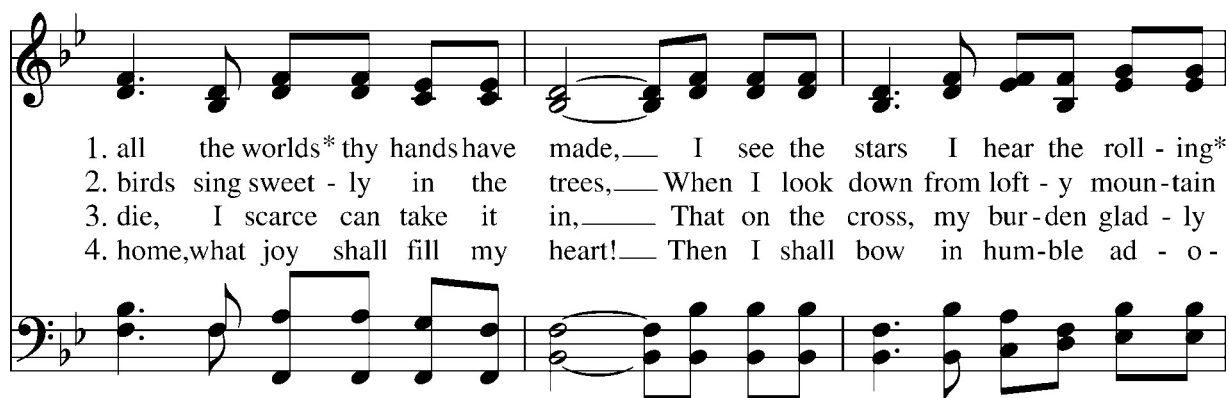
The Offertory

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

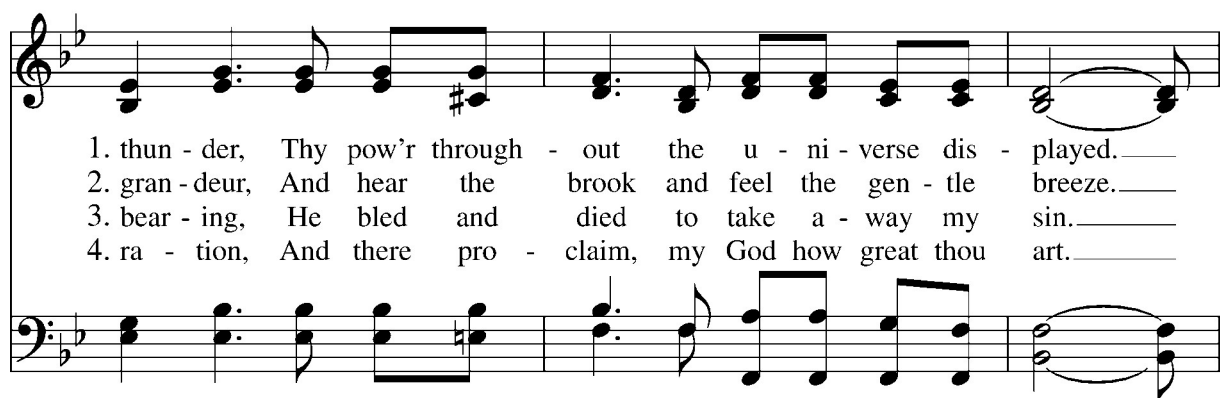




1. O Lord my God, when I in awe - some won - der Con - sid - er
 2. When through the woods and for - est glades I wan - der And hear the
 3. And when I think that God, his Son not spar - ing, Sent him to
 4. When Christ shall come with shout of ac - cla - ma - tion And take me



1. all the worlds* thy hands have made, — I see the stars I hear the roll - ing*
 2. birds sing sweet - ly in the trees, — When I look down from loft - y moun - tain
 3. die, I scarce can take it in, — That on the cross, my bur - den glad - ly
 4. home, what joy shall fill my heart! — Then I shall bow in hum - ble ad - o -



1. thun - der, Thy pow'r through - out the u - ni - verse dis - played. —
 2. gran - deur, And hear the brook and feel the gen - tle breeze. —
 3. bear - ing, He bled and died to take a - way my sin. —
 4. ra - tion, And there pro - claim, my God how great thou art. —



Then sings my soul, my Sav - ior, God, to Thee: — How great Thou

* The translator's original words are "works" and "mighty."

art, how great Thou art! Then sings my soul, my Sav - ior, God, to

Thee: How great Thou art, how great Thou art!

Words: Stuart K. Hine (1899-1989). Music: Traditional Swedish folk tune/adapt. Stuart K. Hine. Copyright © 1949 and 1953 The Stuart Hine Trust. All rights in the U.S.A. except print rights administered by EMI CMG. U.S.A. print rights administered by Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

♩ 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

Celebrant The Lord be with you.

People *And also with you.*

Celebrant Lift up your hearts.

People *We lift them to the Lord.*

Celebrant Let us give thanks to the Lord our God.

People *It is right to give our thanks and praise.*

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:

♪ Sanctus

WLP 785

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 - dores 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.

8

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).

The Celebrant continues

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,

Voice



A -----men

A -----men.

Jack Noble White

Tune: © 1993 Triune Music,

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

♪ Hymn #304


"I Come with Joy"

Blue Hymnal


Unison or harmony



1 I come with joy to meet my Lord, for -
2 I come with Chris - tians far and near to
3 As Christ breaks bread and bids us share, each
4 And thus with joy we meet our Lord. His
5 To - geth - er met, to - geth - er bound, we'll



1 giv - en, loved, and free, in awe and won - der
2 find, as all are fed, the new com - mu - ni -
3 proud di - vi - sion ends. That love that made us
4 pres - ence, al - ways near, is in such friend - ship
5 go our dif - ferent ways, and as his peo - ple



1 to re - call his life laid down for me.
2 ty of love in Christ's com - mun - ion bread.
3 makes us one, and stran - gers now are friends.
4 bet - ter known: we see, and praise him here.
5 in the world, we'll live and speak his praise.

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*

Postcommunion 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 #594

"God of Grace and God of Glory"

Blue Hymnal



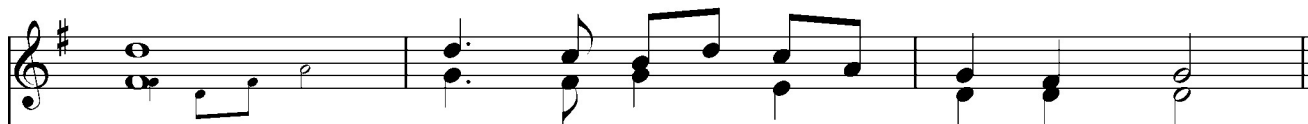
1 God of grace and God of glo - ry, on thy peo - ple pour thy power;
2 Lo! the hosts of e - vil round us scorn thy Christ, as - sail his ways!
3 Cure thy chil - dren's war - ring mad - ness, bend our pride to thy con - trol;
4 Save us from weak res - ig - na - tion to the e - vils we de - plore;



crown thine an - cient Church's sto - ry; bring her bud to glo - rious flower.
From the fears that long have bound us free our hearts to faith and praise:
shame our wan - ton, self - ish glad - ness, rich in things and poor in soul.
let the gift of thy sal - va - tion be our glo - ry ev - er - more.



Grant us wis - dom, grant us cour - age, for the fac - ing of this
grant us wis - dom, grant us cour - age, for the liv - ing of these
Grant us wis - dom, grant us cour - age, lest we miss thy king - dom's
Grant us wis - dom, grant us cour - age, serv - ing thee whom we a -



hour,
days,
goal,
dore,
for the fac - ing of this hour.
for the liv - ing of these days.
lest we miss thy king - dom's goal.
serv - ing thee whom we a - dore.

Dismissal

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

All: *Thanks be to God.*

♪ Postlude

Original Improvisation

Paul Burkle

Eucharist Liturgy Adapted from Enriching Our Worship
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Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Celebrant:	The Rt. Rev. Lucinda Ashby
Preacher:	The Rt. Rev. Lucinda Ashby
Deacon:	The Rev. Jim Arnold
Eucharistic Minister:	Brian Spolarich
Lector:	John Horsley
Music:	Paul Burkle
Flowers:	Sharon Porter
Ushers:	Jim Malone & Alan Kiste
Intercessor:	Helen Schnieders
Altar Guild:	Diana Hammerlund
Online Host:	
Tellers:	Sandy Fisher & Steve Cake
Technical:	Hannah Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Tuesday	Aug 4
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Sunday	Aug 10
10:30a	Eucharist 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 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 Hilarara 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 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 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.



St. Benedict's Episcopal Church
PO Box 6877
2220 Snowy Egret Lane
Los Osos, CA 93402
805-528-0654
office@stbenslosos.org

