

St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Seventeenth Sunday after Pentecost

October 5th, 2025 10:30 am

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

About Our Service

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

Please silence your phones.

~ Prelude ~

Original Improvisation Paul Burkle

Welcome

(please stand as you are able)

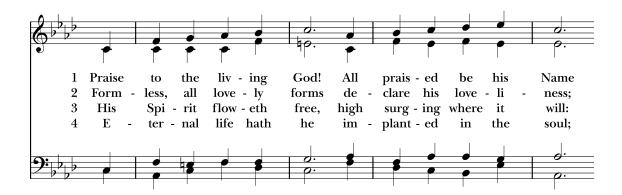
Presider: This is the day the Creator has made.

People: Let us rejoice and be glad in it.

Opening Hymn # 372

"Praise to the living God"

Blue Hymnal





Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1985, alt.

Collect of the Day

Presider: God be with you.

People: And also with you.

Presider: All-loving and everliving God, you are always more ready to give than we are to receive: Pour upon us your abundance of contentment with simple, faithful living; through Jesus Christ the Wisdom of Creation, who lives and reigns with you and the Holy Spirit, now and for ever. Amen.

People: Amen

(please be seated for the readings)

Lamentations 1:1-6

Reader: A Reading from the book of Lamentations

How lonely sits the city that once was full of people!

How like a widow she has become, she that was great among the nations!

She that was a princess among the provinces has become a vassal.

She weeps bitterly in the night, with tears on her cheeks;

among all her lovers she has no one to comfort her;

all her friends have dealt treacherously with her, they have become her enemies.

Judah has gone into exile with suffering and hard servitude;

she lives now among the nations, and finds no resting place;

her pursuers have all overtaken her in the midst of her distress.

The roads to Zion mourn, for no one comes to the festivals;

all her gates are desolate, her priests groan;

her young girls grieve, and her lot is bitter.

Her foes have become the masters, her enemies prosper,

because the LORD has made her suffer for the multitude of her transgressions;

her children have gone away, captives before the foe.

From daughter Zion has departed all her majesty.

Her princes have become like stags that find no pasture; they fled without strength before the pursuer.

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

People: Thanks be to God

Psalm 137

The chant setting will be played once through, then all chant the Psalm together, changing tone for the bolded word.



- 1 By the waters of Babylon we sat down and wept, * when we remembered you, O **Zion**.
- 2 As for our harps, we hung them **up** * on the trees in the midst of that **land**.
- 3 For those who led us away captive asked us for a song, and our oppressors called for **mirth**: *
 "Sing us one of the songs of **Zion**."

- 4 How shall we sing the LORD's **song** * upon an alien **soil**.
- 5 If I forget you, O Jer-usalem, * let my right hand forget its skill.
- 6 Let my tongue cleave to the roof of my mouth if I do not re-**member you**, * if I do not set Jerusalem above my highest **joy**.
- 7 Remember the day of Jerusalem, O LORD, against the people of E-dom, * who said, "Down with it! down with it! even to the ground!"
- 8 O Daughter of Babylon, doomed to des-truction, * happy the one who pays you back for what you have done to us!

A Reading of "Nothing is Lost" from *Ladder to the Light*, Steven Charleston

The Rt. Rev. Steven Charleston (b. 1949) is a Native American elder, a citizen of the Choctaw Nation, an author, and a retired bishop in the Episcopal Church. He is widely recognized as a leading proponent for justice issues and for spiritual renewal in the church in both the United States and Canada. Among other roles, he has served as the national staff officer for Native American ministries, the Bishop of Alaska, and the Dean of the Episcopal Divinity School.

Reader: In the days of conquest, when darkness covered the land, the hoop of many nations was broken, the story of many people lost—and lost forever. The number who perished will never be counted, but their graves are still here. Their testimony is written into the earth. The wisdom of the ancestors is a mist over the valley, a cloud passing before the moon. The teachings of the elders can be heard in the rain, the message of the poets seen in the first stars that put the sun to bed. Nothing is finally lost. The ancient visions are within us. The old dreams are part of us. The steady rhythm of hope was never silenced. It beats today for all who would hear it. It beats within me. It beats within you. Life is still growing beneath the concrete. The sound of the earth is breathing beneath the glass and steel.

Reader: Here ends the reading

(please stand as you are able as we welcome the Gospel)



Words: Att. Richard of Chichester (1197-1253). Music: *Sumner*, Arthur Henry Biggs (1906-1954). Copyright © The Church Pension Fund.

Luke 17:5-10

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

People: Glory to You, Lord Christ.

The apostles said to the Lord, "Increase our faith!" The Lord replied, "If you had faith the size of a mustard seed, you could say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you.

"Who among you would say to your slave who has just come in from plowing or tending sheep in the field, 'Come here at once and take your place at the table'? Would you not rather say to him, 'Prepare supper for me, put on your apron and serve me while I eat and drink; later you may eat and drink'? Do you thank the slave for doing what was commanded? So you also, when you have done all that you were ordered to do, say, 'We are worthless slaves; we have done only what we ought to have done!""

Presider: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection before affirming our faith.]

Affirmation of Faith

(please stand as you are able)

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

All: We believe in God, who creates all things, who embraces all things, who celebrates all things, who is present in every part of the fabric of creation. We believe in God as the source of all life, who baptizes this planet with living water. We believe in Jesus Christ, the suffering one, the poor one, the malnourished one, the climate refugee,

who loves and cares for this world and who suffers with it.

And we believe in Jesus Christ, the seed of life, who came to reconcile and renew this world and everything in it.

We believe in the Holy Spirit, the breath of God, who moves with God and who moves among and with us today.

We believe in everlasting life in God.

And we believe in the hope that one day God will put an end to death and all destructive forces. Amen.

credit: from Gurukul Lutheran Theological College and Research Institute, authorized for use

Prayers of the People

Adapted from Glimpses of Glory by David Adams

O God, we rejoice in your love and care, you accept us and restore us. We pray for the healing ministry of the church, for faith healers and for groups that meet to pray for healing, for all who bless others though the laying of hands. We pray for the work of the church, and we remember hospital chaplains, hospice chaplains and those who visit the sick.

O God, we come to you. You alone can make us whole.

We pray for the healing of the nations, for the cure of past hurts, for forgiveness of past sins, that all may take the opportunity of a new start, that animosity may be exchanged for trust and love. We remember communities broken by war, hatred, and suspicion; we pray for those driven out of their land and homes by violence.

O God, we come to you.

You alone can make us whole.

We give thanks for our lives and all we can do. we pray for our homes and the communities to which we belong. We pray for families who are suffering from a breakdown in their relationships, for children who suffer and for those taken into care. We pray for the broken-hearted and the lonely.

O God, we come to you.

You alone can make us whole.

We ask you to bless all who are disoriented, or distressed, all who are suffering from a breakdown of their well-being. We bring before you all who will go into hospital or care today, and all who are suffering from sudden illness; we remember those who are chronically ill. We pray for friends and loved ones in their needs.

And we pray for all those named in our bidding book ...

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

O God, we come to you.

You alone can make us whole.

We give thanks for all who have passed through this life to new life in glory, where sorrow and pain are no more. We pray for loved ones who have entered into eternal life.

O God, we come to you.

You alone can make us whole.

Silence

Concluding collect

Presider: O merciful God, by your grace you have called,

not as we deserve but in your goodness and generosity;

guard and protect us in our calling,

that we may be strong in the faith and serve you in joy and

love;

through Jesus Christ our Savior,

who is alive and reigns with you and the Holy Spirit,

one God, now and for ever. Amen

Confession of Sin

Let us confess our sins against God and God's creation.

Merciful and sustaining God, we have sinned against you.
We confess our lack of gratitude for the beauty and bounty of your creation:

teach us to see that your earth sustains us and all that lives.

We confess that we have misused your earth: grant us amendment of life.

We confess that we have been intemperate in our appetites:

strengthen us in self-control.
We confess that we have taken the abundance of your world

for granted: make us urgent now for its protection. Forgive and renew us through our Savior Jesus Christ, by the power of the Holy Spirit, with whom you live and reign, one God, now and for ever. Amen.

Presider: May the All-Compassionate 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

Presider: The peace of Christ be always with you.

People: And also with you.

The congregation may greet one another in the name of Christ .

Announcements

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or any special concern, may come forward. Prayers can be found on the white or yellow card in your pew.

51. For a Birthday p 830

Watch over thy child, O Lord, as *his/her/their* days increase; bless and guide *him/her/their* wherever *he/she/they* may be. Strengthen *him/her/them* when *he/she/they* stand(s); comfort *him/her/their* when discouraged or sorrowful; raise *him/her/their* up if *he/she/they* fall; and in *his/her/their* heart may thy peace which passeth understanding abide all the days of *him/her/their* life/lives; through Jesus Christ our Lord. *Amen*.

52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*.

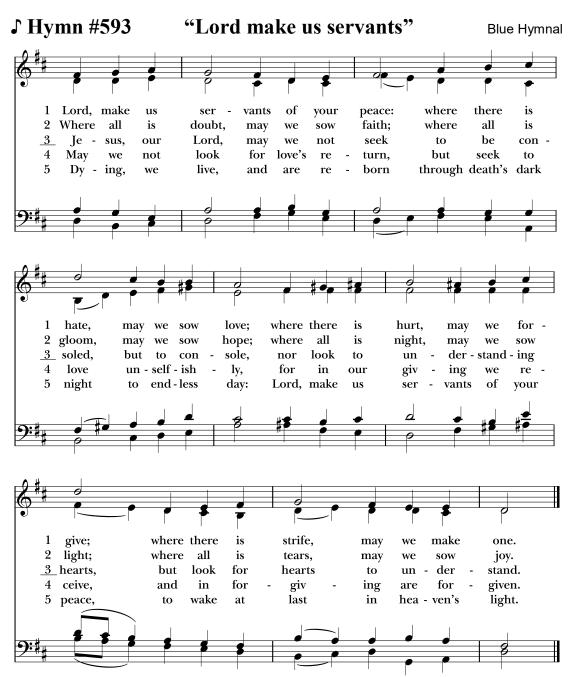
53. For Travelers p 831

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular _____]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our Lord. *Amen*.

The Offertory

You are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's blessing as the plate is passed. You can contribute at our website www.stbenslososos.org at any time.





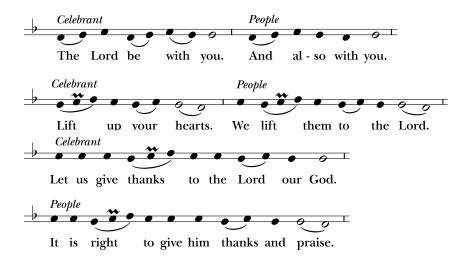
Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

♪ Doxology: [Hymn tune #400]

[sung] Praise God from Whom all blessings flow
Praise God all creatures here below, Alleluia, Alleluia
Praise God the Source of all our gifts
Praise Jesus Christ whose power uplifts
Praise the Spirit, Holy Spirit, Alleluia, Alleluia

Holy Eucharist

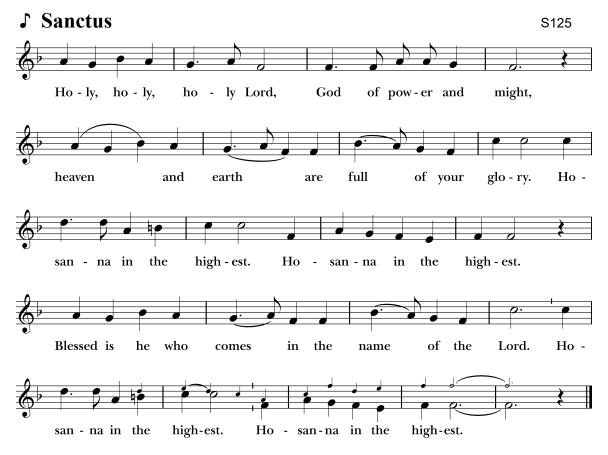
EOW Prayer 2



Setting: Copyright © Church Publishing Inc.

Presider: We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of

your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:



Music: From A Community Mass; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

The Presider continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself

yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said:

"Take, eat:

This is my Body, which is given for you.

Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you,

gave it to them, and said:

"Drink this, all of you:

This is my Blood of the new Covenant,

which is poured out for you and for all

for the forgiveness of sins.

Whenever you drink it,

do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine,

and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ.

Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with Benedict the patron of this house and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

All: Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. Amen.

The Lord's Prayer

Presider: And now, as our Savior Christ has taught us, we are bold to pray,

All: Holy One, our only Home,

hallowed be your name.

May your day dawn,

your will be done,

here as in heaven.

Feed us today,

and forgive us as we forgive each other.

Do not forsake us at the test,

but deliver us from evil.

For the glory, the power,

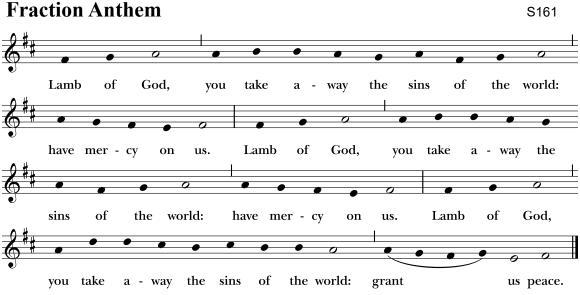
and the mercy are yours,

now and for ever. Amen.

The Lord's Prayer written by Martha Blacklock, Mother Thunder Mission, "Honoring God in Creation"

The Breaking of the Bread

The presider breaks the Bread



Music: From New Plainsong; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Presider: This is Living Bread, given for all Creation.

People: All who eat this bread share in Christ's Body.

Presider: 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 when the celebrant invites your section forward. If you prefer to receive a blessing, please cross your arms over your chest.

↑ Communion Music

Original Improvisation
Paul Burkle

↑ Choir Anthem "Peace in the Valley"

Words and Music by Thomas A. Dorsey. Arranged by Shackley





Words: John Henry Hopkins, Jr. (1861-1945) and Charles P. Price (1920-1999). Sts. 2-3, Copyright © 1982, Charles P. Price. Music: *Werde munter*, Johann Schop (d. 1665?); arr. and harm. Johann Sebastian Bach (1685-1750).

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.

Presider: 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

(please stand as you are able)

Prayer

Create in us a new heart and a new vision, O God, that the gifts of your Spirit may work in us and renew the face of the earth.

May we be one with you so that our work is yours and your work is ours.

Lead us to transform our lives to reflect your glory in Creation; through Jesus Christ our Savior who is alive with you and the Holy Spirit, one God now and for ever. Amen.

Blessing

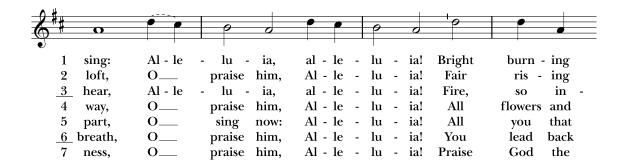
♪ Hymn #400

"All creatures" (vs 1,4,5,7)

Blue Hymnal



- King, All of our God and lift let crea - tures up your voic - es, us Great rush - ing winds and breez - es soft, you clouds that ride the heavens a -
- Swift flow ing clear, make mu - sic for your Lord wa - ter, pure and
- mo ther earth, you day Dear by day un - fold your bless-ings our
- 5 All you with mer - cy in your heart, for - giv - ing o - thers, take your
- And ev - en you, most gen - tle death, wait - ing to hush our fi - nal
- Let all things their cre - a - tor bless, and wor - ship him in hum - ble -





pale

2 morn, with praise re - joice, stars <u>3</u> tense and fierce - ly bright, you 4 fruits that in vou grow, let

sun with gold - en

- pain and sor - row bear, praise <u>6</u> home the child of God, for
- Fa ther, praise the Son, and

sil - ver moon that gen - tly gleams, night - ly shin - ing, find voice, give to us both warmth and light, them his glo - ry al show: God, and cast on him care: your Christ our Lord that has trod: way praise the Spi - rit, Three One: in



beams,



The refrain may be sung antiphonally, by phrase; all join in the final Alleluia.

Words: St. Francis of Assisi (1182-1226); tr. William H. Draper (1855-1933), alt. Music: Lasst uns erfreuen, melody from Auserlesene Catholische Geistiche Kirchengeseng, 123; adapt. and harm. Ralph Vaughan Williams (1872-1958). By permission of Oxford University Press.

Dismissal

Presider: Tend the earth,

care for God's good Creation; as you have received freely,

so give freely.

Go in peace to love and serve the Lord.

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 Preacher: The Rev. Linzi Stahlecker

Eucharistic Minister: Sarah Chesebro Chalice: Sandy Fisher

Lector: Rev. Mike Eggleston

Flowers: Sharon Porter
Usher: Maureen Titus
Usher: Sandy Fisher
Music: Paul Burkle

Altar Guild: Sarah Chesebro Intercessor: Helen Schnieders

Online Host:

Teller:

Don Maruska

Alice Welchert

Steve Cake

Technical: Hannah Matthews

Coffee Hour: Potluck!

This Week at St Ben's

Monday Oct 6

8:30 a Morning Prayers

Tuesday Oct 7

8:30 a Morning Prayers

9:45 a Prayers for the Morning (Zoom) 10:30 a Spiritual Conversation (Zoom)

Wednesday Oct 8

8:30 a Morning Prayers

Thursday Oct 9

8:30 a Morning Prayers

Friday Oct 10

8:30 a Morning Prayers

Sunday Oct 12

10:30 a LOW 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 Feast of All Saints falls each year on November 1, but it's a feast day which can be moved to Sunday, so this year we'll observe this major feast day on Sunday, November 2. All Saints' is the day on which we remember the exemplary lives of the saints of the church, known and unknown, who lived remarkable lives of holiness and faith; during this liturgy we give thanks for their witness to the Gospel, and all the ways their lives continue to serve as an inspiration for our own.

All Souls' Day is November 2, the day after All Saints'. This year we'll be celebrating the Feast of All Saints at our morning service on November 2, and so we will observe All Souls' later that same day (on 11/2), at 5pm, with a candlelit service. All Souls' is a powerful time of remembrance of all those we love but see no longer, all those who have died in the faith, our beloveds, those whose memories we cherish, all the 'ordinary' believers. There will be more to come about this service, in the meantime, please mark your calendars and let friends and loved ones who might be interested know that everyone is invited and welcome.



An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tiłhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Our Mission Statement

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.

Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.

We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.



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