



St. Benedict's Episcopal Church

Tending Mind & Soul
in Los Osos, CA

June 7th, 2026

Second Sunday after Pentecost

~ **Prelude** ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

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

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

Presider: Let us pray.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen.*

♩ Hymn #401 "The God of Abraham praise" (vs 1-3 only) Blue Hymnal



1 The God of A - braham praise, who reigns en - throned a - bove;
2 He by him - self hath sworn: we on his oath de - pend;
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
4 The God who reigns on high the great arch - an - gels sing,
5 The whole tri - um - phant host give thanks to God on high;



1 An - cient of ev - er - last - ing days, and God of love;
2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
3 tri - um - phant o'er the world and sin, the Prince of Peace;
4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;



1 the Lord, the great I AM, by earth and heaven con - fessed:
2 we shall be - hold his face, we shall his power a - dore,
3 on Zi - on's sa - cred height his king - dom he main - tains,
4 Who was, and is, the same, and ev - er - more shall be:
5 hail, A - braham's Lord di - vine! With heaven our songs we raise;



we bow and bless the sa - cred Name for ev - er blest.
and sing the won - ders of his grace for ev - er - more.
and, glo - rious with his saints in light, for ev - er reigns.
e - ter - nal Fa - ther, great I AM, we wor - ship thee."
all might and ma - jes - ty are thine, and end - less praise.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O God, from whom all good proceeds: Grant that by your inspiration we may think those things that are right, and by your merciful guiding may do them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

please be seated for the readings

Genesis 12:1-9

Reader: *A Reading from the book of Genesis*

Now the Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. Abram took his wife Sarai and his brother’s son Lot, and all the possessions that they had gathered, and the persons whom they had acquired in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the Lord appeared to Abram, and said, “To your offspring I will give this land.” So he built there an altar to the Lord, who had appeared to him.

From there he moved on to the hill country on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the Lord and invoked the name of the Lord. And Abram journeyed on by stages toward the Negeb.

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

People: Thanks be to God.

Psalm 33:1-12

We will say the Psalm responsively, by half verse, the congregation speaking the words in bold.

1 Rejoice in the Lord, you righteous; *
it is good for the just to sing praises.

2 Praise the Lord with the harp; *
play to him upon the psaltery and lyre.

3 Sing for him a new song; *
sound a fanfare with all your skill upon the trumpet.

4 For the word of the Lord is right, *
and all his works are sure.

5 He loves righteousness and justice; *
the loving-kindness of the Lord fills the whole earth.

6 By the word of the Lord were the heavens made, *
by the breath of his mouth all the heavenly hosts.

7 He gathers up the waters of the ocean as in a water-skin *
and stores up the depths of the sea.

8 Let all the earth fear the Lord; *
let all who dwell in the world stand in awe of him.

9 For he spoke, and it came to pass; *
he commanded, and it stood fast.

10 The Lord brings the will of the nations to naught; *
he thwarts the designs of the peoples.

11 But the Lord's will stands fast for ever, *
and the designs of his heart from age to age.

12 Happy is the nation whose God is the Lord! *
happy the people he has chosen to be his own!

Romans 4:13-25

Reader: A Reading from the book of Romans

The promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become “the father of many nations,” according to what was said, “So numerous shall your descendants be.” He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah’s womb.

No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith “was reckoned to him as righteousness.” Now the words, “it was reckoned to him,” were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

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

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

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

Hymn #440 “Blessed Jesus, at thy word” (vs 1 only) Blue Hymnal

1 Bless - ed Je - sus, at thy word we are gath - ered all to
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -

hear thee; let our hearts and souls be stirred
 shroud - ed, till thy Spi - rit breaks our night
 ceed - ing, o - pen thou our ears and heart,

now to seek and love and fear thee; by thy teach - ings
 with the beams of truth un - cloud - ed; thou a - lone to
 help us by thy Spi - rit’s plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.
 God canst win us; thou must work all good with - in us.
 Church up - rais - es; hear, and bless our prayers and prais - es.

Matthew 9:9-13, 18-26

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

People: Glory to You, Lord Christ.

As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, “Follow me.”

And he got up and followed him. And as he sat at dinner in the house, many tax collectors and sinners came and were sitting with him and his disciples.

When the Pharisees saw this, they said to his disciples, “Why does your teacher eat with tax collectors and sinners?” But when he heard this, he said, “Those who are well have no need of a physician, but those who are sick. Go and learn what this means, ‘I desire mercy, not sacrifice.’ For I have come to call not the righteous but sinners.”

While he was saying these things to them, suddenly a leader of the synagogue came in and knelt before him, saying, “My daughter has just died; but come and lay your hand on her, and she will live.” And Jesus got up and followed him, with his disciples. Then suddenly a woman who had been suffering from hemorrhages for twelve years came up behind him and touched the fringe of his cloak, for she said to herself, “If I only touch his cloak, I will be made well.” Jesus turned, and seeing her he said, “Take heart, daughter; your faith has made you well.” And instantly the woman was made well. When Jesus came to the leader’s house and saw the flute players and the crowd making a commotion, he said, “Go away; for the girl is not dead but sleeping.” And they laughed at him. But when the crowd had been put outside, he went in and took her by the hand, and the girl got up. And the report of this spread throughout that district.

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

A moment of silence to contemplate the sermon

Affirmation of Faith

The Nicene Creed

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

Ever-present God, help us to trust in you,
that we may hope beyond hope and trust beyond trust.
Let people see the faith of your church.
Let us witness to your almighty power;
though our faith is small it is in a great God.
May we transform our lives so that together we might transform the world.

Holy God, heal us
and raise us up.

Heal, O God, the wounds of our world.
We pray for all who suffer, all who are hungry, all who are pushed to the
edges of our society.
We pray for those who are coping with illnesses of all kinds.
We pray for all communities impacted by war or natural disasters.

Holy God, heal us
and raise us up.

Loving God, be present in all the places where we live our lives together
and bring healing and peace to any divisions,
that we may be one in you.
Show us the way that leads to life.
Teach us to forgive and to accept forgiveness.
Soften the hearts that harbor resentment.

Holy God, heal us
and raise us up.

We give you thanks for all those who take care of others.
We pray for all hospitals and places of healing, for communities of faith, for
bringers of peace.
We pray for all friends and loved one who are sick.
We remember those who are navigating illness with a child, and for all who
are caring for children who are close to death.
We pray for those who are living with chronic illness, and for those whose
illness has no cure.
We pray for 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]

Holy God, heal us
and raise us up.

We give you thanks for all those who you have lifted up from death and
raised to life eternal.
We rejoice with the saints who have triumphed over the troubles of this
world, and are where sorrow and pain are no more.

Holy God, heal us
and raise us up.

Presider: Holy One, as you have called us,
 make us worthy of our calling.

As we reach out to touch you,
touch us, and we shall be changed,
that we may live to your glory,
Jesus Christ our Savior. **Amen.**

Confession of Sin

Presider: Let us confess our sins to God.

All: ***God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.***

Absolution

Almighty God have mercy on you, forgive you all your sins through the grace of 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 for travel, may come forward. Prayers can be found on the card in your pew.

The Offertory

You are invited to make a thank offering. If you cannot contribute financially today please give thanks for God's blessing as the plate is passed. You can also contribute by scanning the QR Code or at our website www.stbenslososos.org



♪ Hymn #109

“What a Friend We Have in Jesus”

LEVAS

1. What a friend we have in Je - sus, All our sins and griefs to bear!
2. Have we tri - als and temp - ta - tions? Is there trou-ble an - y - where?
3. Are we weak and heav - y lad - en, Cum-bered with a load of care?

1. What a priv - i - lege to car - ry Ev - 'ry-thing to God in prayer!
2. We should nev - er be dis - cour - aged, Take it to the Lord in prayer.
3. Pre - cious Sav - ior, still our ref - uge, Take it to the Lord in prayer.

1. Oh, what peace we of - ten for - feit, Oh, what need-less pain we bear,
 2. Can we find a friend so faith - ful who will all our sor - rows share?
 3. Do thy friends de-spise, for - sake thee? Take it to the Lord in prayer.

1. All be - cause we do not car - ry Ev - 'ry-thing to God in prayer!
 2. Je - sus knows our ev - 'ry weak - ness, Take it to the Lord in prayer.
 3. In his arms He'll take and shield thee, Thou wilt find a sol - ace there.

Words: Joseph Scriven (1819-1866). Music: Charles C. Converse (1832-1918).

♪ Doxology:

[Hymn tune #400]

*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*

Sanctus

S129

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and
might, hea - ven and earth are full of your glo - ry. Ho -
san - na in the high - est. Bless - ed is he who
comes in the name of the Lord. Ho - san - na in the high - est. _____

Music: Robert Powell (b. 1932). Setting: Copyright © Church Publishing Inc.

The Presider 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:

Presider and People:

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

The Presider continues

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.

Presider and People **Blessed are you now and for ever. AMEN**

♪ The Lord's Prayer

Nikolai Rimsky-Korsakov (1844–1908),

adapt. George Black

Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,

The first system of musical notation features a treble and bass clef with a key signature of one flat. The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics are written below the notes.

your will be done, on earth as in heaven. Give us to - day our dai - ly bread.

The second system continues the melody and accompaniment. The lyrics are written below the notes.

For - give us our sins as we for - give those who sin a - gainst us.

The third system continues the melody and accompaniment. The lyrics are written below the notes.

Save us from the time of trial, and de - liv - er us from e - vil.

The fourth system continues the melody and accompaniment. The lyrics are written below the notes.

For the king - dom, the power, and the glo - ry are yours, now and for - ev - er. A - men.

The fifth system concludes the piece with a double bar line. The lyrics are written below the notes.

The Breaking of the Bread

The Presider breaks the Bread

♪ Fraction Anthem

WLP

878

Who - ev - er comes to me shall not hun - ger and

who - ev - er be - lieves in me shall nev - er thirst.

The musical score is for a piece in 4/4 time with a key signature of one sharp (F#). It consists of two systems. The first system has a vocal line and a piano accompaniment. The vocal line begins with a quarter rest, followed by the lyrics 'Who - ev - er comes to me shall not hun - ger and'. The piano accompaniment features a steady bass line and chords in the right hand. The second system continues the vocal line with the lyrics 'who - ev - er be - lieves in me shall nev - er thirst.' and concludes with a double bar line. The piano accompaniment continues with similar harmonic support.

Music: Carl Haywood (b. 1949), from *Fraction Anthems, Canticles, and Chants*. Copyright © 1997 Carl Haywood.

Holy Communion

Presider: The Gifts of God for the People of God.

If God is calling you, you are welcome to receive communion when the Presider invites your section forward.

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Hymn #304

“I come with joy” (vs. 1-3 only)

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

The first system of music consists of a treble and bass staff. The treble staff has a key signature of one flat (Bb) and a common time signature. The melody is written in a simple, hymn-like style. The bass staff provides a harmonic accompaniment with chords and single notes. The lyrics are printed below the treble staff, with line numbers 1 through 5 on the left.

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

The second system of music continues the melody and accompaniment from the first system. The lyrics are printed below the treble staff, with line numbers 1 through 5 on the left.

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.

The third system of music concludes the piece. The lyrics are printed below the treble staff, with line numbers 1 through 5 on the left. The music ends with a double bar line.

Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

(please stand as you are able)

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 #529

“In Christ there is no East or West”

Blue Hymnal

Unison or harmony



1 In Christ there is no East or West, in
2 Join hands, dis - ci - ples of the faith, what -
3 In Christ now meet both East and West, in

him no South or North, but one great fel - low -
e'er your race may be! Who serves my Fa - ther
him meet South and North, all Christ - ly souls are

ship of love through - out the whole wide earth.
as his child is sure - ly kin to me.
one in him, through - out the whole wide earth.

Dismissal

Presider: Go in peace to love and serve our God.

People: **Thanks be to God.**

♪ Postlude
Original Improvisation

Paul Burkle

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Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Michael Lucas
Chalice:	Jane Wu
Lectors:	Roz Malone, Ed Valentine
Flowers:	Sarah Chesebro
Usher:	Ed Valentine
Usher:	Jim Malone
Music:	Paul Burkle
Intercessor:	Lisa Gonzalez
Tellers:	Steve Cake, Sandy Fisher
Online Host:	Connie Weldon
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	POTLUCK

This Week at St. Ben's

Monday	June 8
8:30 a	Morning Prayer (Zoom)
Tuesday	June 9
8:30 a	Morning Prayer (Zoom)
9:45 a	Prayers for the Morning (Zoom)
10:30 a	Spiritual Conversation (Zoom)
5:30 p	Centering Prayer (in-person only)
Wednesday	June 10
8:30 a	Morning Prayer (Zoom)
Thursday	June 11
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	June 12
8:30 a	Morning Prayer (Zoom)

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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