



# St. Benedict's Episcopal Church

**Tending Mind & Soul**  
in Los Osos, CA

**June 14th, 2026**

**Third Sunday after Pentecost**

~ **Prelude** ~

*Original Improvisation*

Paul Burkle

## **Welcome**

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 #397

## “Now thank we all our God”

Blue Hymnal

1 Now thank we all our God, with heart, and hands, and voice,  
 2 O may this bounteous God through all our life be near us!  
 3 All praise and thanks to God the Father now be given,

who wondrous things hath done, in whom his world rejoices;  
 With ever joyful hearts and blessed peace to cheer us;  
 the Son, and him who reigns with them in highest heaven,

who from our mother's arms hath blessed us on our way  
 and keep us in his grace, and guide us when perplexed,  
 eternal, Triune God, whom earth and heaven adore;

with countless gifts of love, and still is ours to-day.  
 and free us from all ills in this world and the next.  
 for thus it was, is now, and shall be, evermore.

Words: Martin Rinkart (1586-1649); tr. Catherine Winkworth (1827-1878), alt. Music: *Nun danket alle Gott*, melody Johann Crüger (1598-1662); harm. William Henry Monk (1823-1889), after Felix Mendelssohn (1809-1947).

## Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

*please be seated for the readings*

## Genesis 18:1-15

Reader: A Reading from the book of Genesis

The LORD appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, “My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.” And Abraham hastened into the tent to Sarah, and said, “Make ready quickly three measures of choice flour, knead it, and make cakes.” Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

They said to him, “Where is your wife Sarah?” And he said, “There, in the tent.” Then one said, “I will surely return to you in due season, and your wife Sarah shall have a son.”

And Sarah was listening at the tent entrance behind him. Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. So Sarah laughed to herself, saying, “After I have grown old, and my husband is old, shall I have pleasure?” The LORD said to Abraham, “Why did Sarah laugh, and say, ‘Shall I indeed bear a child, now that I am old?’ Is anything too wonderful for the LORD?”

At the set time I will return to you, in due season, and Sarah shall have a son.” But Sarah denied, saying, “I did not laugh”; for she was afraid. He said, “Oh yes, you did laugh.”

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

*People: Thanks be to God.*

## **Psalm 116:1, 10-17**

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

1 I love the LORD, because he has heard the voice of my supplication,  
\*  
**because he has inclined his ear to me whenever I called upon him.**

10 How shall I repay the LORD \*  
**for all the good things he has done for me?**

11 I will lift up the cup of salvation \*  
**and call upon the Name of the LORD.**

12 I will fulfill my vows to the LORD \*  
**in the presence of all his people.**

13 Precious in the sight of the LORD \*  
**is the death of his servants.**

14 O LORD, I am your servant; \*  
**I am your servant and the child of your handmaid;  
you have freed me from my bonds.**

15 I will offer you the sacrifice of thanksgiving \*  
**and call upon the Name of the LORD.**

16 I will fulfill my vows to the LORD \*  
**in the presence of all his people,**

17 In the courts of the LORD's house, \*  
**in the midst of you, O Jerusalem.  
Hallelujah!**

## **Romans 5:1-8**

*Reader:* A Reading from the book of Romans

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

*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)

Through north and south and east and west May God's im-mor-tal name be  
 blessed: Al - le - lu - ia, al - le - lu - ia! Till  
 ev' - ry - where be - neath the sun, God's reign be - gins; God's will is  
 done: Al - le - lu - ia, al - le - lu - ia, al - le -  
 lu - ia, al - le - lu - ia, al - le - lu - ia!

**Matthew 9:35-10:8**

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

*People: Glory to You, Lord Christ.*

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.”

Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him.

These twelve Jesus sent out with the following instructions: “Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.

*Deacon: The Gospel of Christ.*

*People Praise to You, Lord Christ.*

**Sermon**

Sr. Greta Ronningen

*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**

Christ Jesus, you are with us as we proclaim the good news,  
we reach out to forgive one another, to heal, and to raise each other up;  
you are with us as we battle against evil.

We pray for the church throughout the world,  
for all involved in mission and outreach.

Christ Jesus, as you call us,  
*make us worthy of our calling.*

You have called us to work together.

We pray for the work of all those who strive for unity and for peace.

We remember all who are seeking to build up communities.

We pray for those who hold positions of leadership, in government, and in industry.

We pray for all who have a sense of vocation and dedication to service.

We remember all those whose work is made so much harder by the greed or violence of others.

Christ Jesus, as you call us,  
*make us worthy of our calling.*

We give thanks for all who have called us to a knowledge of you.

We pray for those who have sacrificed for us,

those who love us, and those whom we love.

We give thanks for all who have been examples to us,

and pray that we, too, may be an example for others.

Christ Jesus, as you call us,

***make us worthy of our calling.***

We give thanks for all those who give so much of themselves to care for others, especially for in-home carers.

We pray for all whose vocation is cut short by life circumstance, sickness or disability.

We pray for all whose lives are restricted by poverty or oppression.

We pray for all who are kept from their call by the pressures and limits imposed by society.

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]

Christ Jesus, as you call us,

***make us worthy of our calling.***

We are glad for all who have fulfilled their calling and have entered the fullness of your kingdom.

We pray that, like them, we may follow you for ever.

Christ Jesus, as you call us,

***make us worthy of our calling.***

Presider: Almighty God, as you have called us, make us worthy of our calling. Guide us, that we may become the people you would have us be. Direct us, that we may do what you would have us do: through Jesus Christ our Savior. *Amen.*

## Confession of Sin

Deacon: 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](http://www.stbenslososos.org)*



### ♪ Hymn #757

### “Will you come and follow me”

WLP

1. Will you come and fol - low me if  
2. Will you leave your self be - hind if  
3. Will you let the blind - ed see if  
4. Will you love the “You” you hide if  
5. Christ, your sum - mons ech - oes true when

I but call your name? Will you go where you don't know and  
I but call your name? Will you care for cruel and kind and  
I but call your name? Will you set the pris - 'ner free and  
I but call your name? Will you quell the fear in - side and  
you but call my name. Let me turn and fol - low you and

nev-er be the same? Will you let my love be shown? Will you  
 nev-er be the same? Will you risk the hos - tile stare should your  
 nev-er be the same? Will you kiss the lep - er clean, and do  
 nev-er be the same? Will you use the faith you've found to re -  
 nev-er be the same. In your com - pa - ny I'll go where your

let my Name be known? Will you let my life be grown in  
 life at - tract or scare? Will you let me an - swer prayer in  
 such as this un - seen? And ad - mit to what I mean in  
 shape the world a - round through my sight and touch and sound in  
 love and foot - steps show, thus I'll move and live and grow in

1. 2. 3. 4. 5. (Final Ending)

you and you in me?  
 you and you in me?  
 you and you in me?  
 you and you in me?

5. you and you in me.



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

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.

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 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**

*Deacon:*                        As our Savior Christ has taught us we now sing:

# ♪ 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 for 'The Lord's Prayer'. It consists of a vocal line in the treble clef and a piano accompaniment in the bass clef. The key signature has one flat (B-flat), and the time signature is 4/4. The lyrics are: 'Our Fa - ther in heaven, hal - lowed be your Name, your king - dom come,'

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

The second system of musical notation. The lyrics are: 'your will be done, on earth as in heaven. Give us to - day our dai - ly bread.'

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

The third system of musical notation. The lyrics are: 'For - give us our sins as we for - give those who sin a - gainst us.'

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

The fourth system of musical notation. The lyrics are: 'Save us from the time of trial, and de - liv - er us from e - vil.'

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

The fifth and final system of musical notation. The lyrics are: 'For the king - dom, the power, and the glo - ry are yours, now and for - ev - er. A - men.'

# 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 G major and 4/4 time. It consists of two systems. The first system has four measures of music. The second system has four measures of music. The vocal line is in the upper staff, and the piano accompaniment is in the lower staves. The lyrics are: 'Who - ev - er comes to me shall not hun - ger and' followed by 'who - ev - er be - lieves in me shall nev - er thirst.' The piece ends with a double bar line.

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

## Holy Communion

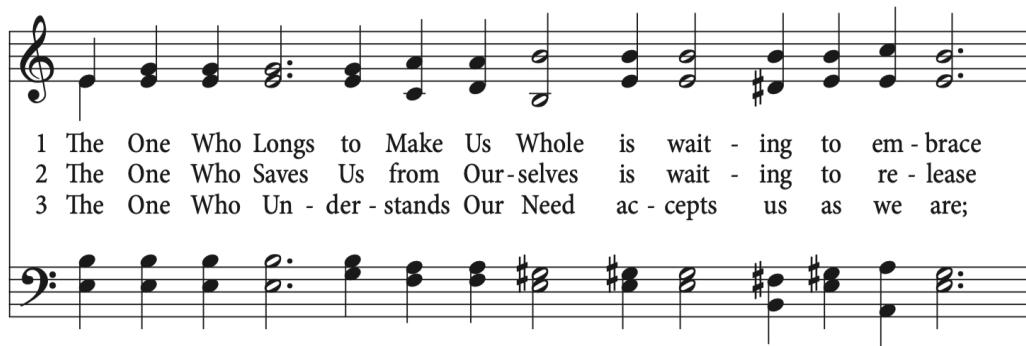
Presider: The Gifts of God for the People of God.

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

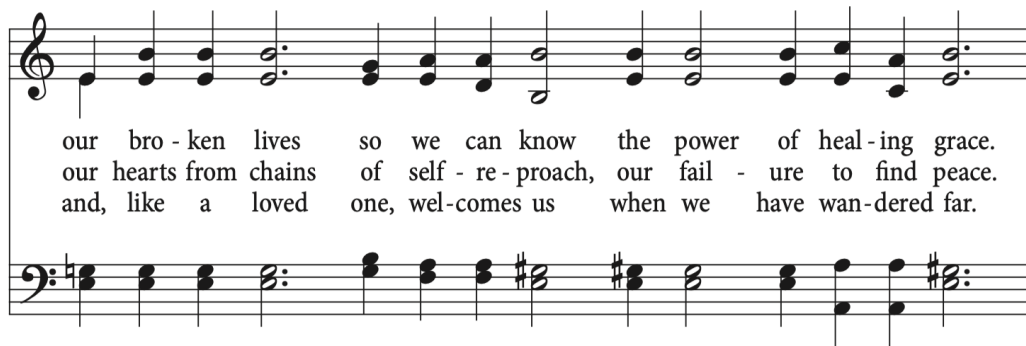
**♪ Communion Music**  
*Original Improvisation*

Paul Burkle

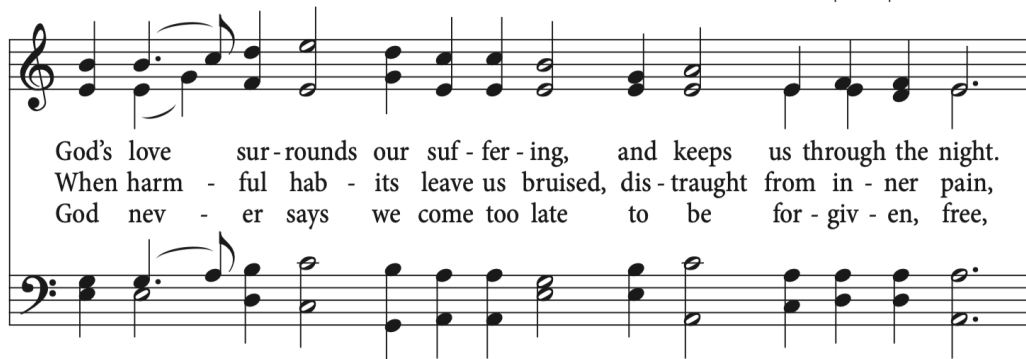
# ♪ Hymn #169 “The One Who Longs to Make Us Whole” *Take Up the Song*




1 The One Who Longs to Make Us Whole is wait - ing to em - brace  
2 The One Who Saves Us from Our-selves is wait - ing to re - lease  
3 The One Who Un - der - stands Our Need ac - cepts us as we are;



our bro - ken lives so we can know the power of heal - ing grace.  
our hearts from chains of self - re - proach, our fail - ure to find peace.  
and, like a loved one, wel - comes us when we have wan - dered far.



God's love sur - rounds our suf - fer - ing, and keeps us through the night.  
When harm - ful hab - its leave us bruised, dis - traught from in - ner pain,  
God nev - er says we come too late to be for - giv - en, free,



God helps us bear our deep de - spair till we see morn - ing light.  
God comes to us through trust - ed friends, and helps us hope a - gain.  
but prom - is - es we can be - come the self we're meant to be!

Silence

(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**

The love of God has been poured into our hearts through the Holy Spirit given to us; and the blessing of God Almighty, the one, holy, and undivided Trinity, be upon you today and remain with you always.

# ♪ Hymn #190

# “O God in Whom All Life Begins”

*Take Up the Song*

1 O God in whom all life be-gins, who births the seed to fruit,  
 2 U - nite in mu - tual min - is - try our minds and hands and hearts  
 3 Through tears and laugh - ter, grief and joy, en - large our trust and care;

be - stow your bless - ing on our lives; here let your love find root.  
 that we may have the grace to seek the power your peace im - parts.  
 so bind us in com - mu - ni - ty that we may risk and dare.

Bring forth in us the Spir - it's gifts of pa - tience, joy, and peace;  
 So let our var - ied gifts com - bine to glo - ri - fy your Name  
 Be with us when we gath - er here to wor - ship, sing, and pray,

de - liv - er us from numb - ing fear, and grant our faith in - crease.  
 that in all things by word and deed we may your love pro - claim.  
 then send us forth in power and faith to live the words we say.

## **Dismissal**

*Deacon:* Go in peace to love and serve our God.

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

## **♪ Postlude**

*Original Improvisation*

Paul Burkle

## **Ministers of the Service**

Presider:	Sr. Greta Ronningen
Preacher:	Sr. Greta Ronningen
Deacon:	Br. Dennis Gibbs
Altar Guild:	Sarah Chesebro
Eucharistic Minister:	Maureen Titus
Chalice:	Lisa Gonzalez
Lectors:	Bryson McKelvey, Maureen Titus
Flowers:	Sharon Porter
Usher:	Ron Thompson
Usher:	Ed Valentine
Music:	Paul Burkle
Intercessor:	Helen Schnieders
Tellers:	Alice Welchert, Karen Lewis
Online Host:	Jane Wu
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Sadie Bruder & Adam Fernandes

## **This Week at St. Ben's**

Monday	June 15
8:30 a	Morning Prayer (Zoom)
Tuesday	June 16
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 17
8:30 a	Morning Prayer (Zoom)
Thursday	June 18
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	June 19
8:30 a	Morning Prayer (Zoom)
Saturday	June 20
9:00 a	Men's Breakfast @ Celia's

## 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.



### St. Benedict's Episcopal Church

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