



St. Benedict's Episcopal Church

Tending Mind & Soul
in Los Osos, CA

June 21st, 2026

Fourth Sunday after Pentecost

~ **Prelude** ~

Original Improvisation

Paul Burkle

Welcome

Litany of Repentance

Celebrant: Dear people of God, our history is marred by oppression, by the enslavement of those who differ from us, and by the forces of racism that attack human dignity. The sin of racism is woven into our lives and our cultures, in small and great ways, in things done and things left undone. As followers of Christ, we reject racism and the oppression of other human beings. In building Christ's beloved community, we must strive to love all people, respect all people, and work for the good of all people. We must stand alongside God's children of every race, language, and culture, and work together as agents of justice, peace, and reconciliation. In the assurance of our forgiveness, let us come before God and humbly confess our sins: our participation in racism, our privilege based on racism, and our perpetuation of racism.

Silence is then kept for a time, all standing, as able.

God the Father, you freed your people from slavery in Egypt, yet the legacy of slavery deforms our lives today.

Have mercy on us.

God the Son, you prayed that all would be united in your love and service, yet the divisions among us rend your body.

Have mercy on us.

God the Holy Spirit, you inspire us to live peaceably with all, yet the stain of genocide and internment mars our striving for justice.

Have mercy on us.

We have harmed one another and the earth through negligence, greed, and self-interest.

Have mercy on us.

We have failed to condemn discrimination that leads to unrest.

Have mercy on us.

We have decried violence, while overlooking inequity and frustration from which it rises.

Have mercy on us.

We have practiced injustice for economic gain and have oppressed others to make a false peace.

Have mercy on us.

We have sought comfort in advantage for ourselves at the cost of injustice for others.

Have mercy on us.

We have welcomed solace over conflict and ignored the cries of those harmed by our comfort.

Have mercy on us.

We have grasped for this world's goods, and been arrogant toward those who have little.

Have mercy on us. We have not shared the good things we have been given, and blamed the poor for their poverty.

Have mercy on us.

We have been fearful and distrustful of those who are different from us.
Have mercy on us.

We have divided ourselves from others, and refused to listen to or believe their experience.

Have mercy on us.

We have been indifferent to the pain and suffering of our sisters and brothers.

Have mercy on us.

We have held in contempt those who need our help, and not loved them with our whole hearts.

Have mercy on us.

We have been self-satisfied in our privilege, and denied our oppression of others.

Have mercy on us.

We have preferred order over justice, and isolation over the struggle for peace.

Have mercy on us.

We have quietly held good intentions, and kept silent the message of reconciliation.

Have mercy on us.

We have failed to act with courage for the sake of love.

Have mercy on us.

God have mercy.

Christ have mercy.

God have mercy.

Celebrant: May Almighty God have mercy on us, grant us courage and conviction, and strengthen us to love others who are unlike us. May God, the Holy and Undivided Trinity, make us compassionate in our actions and courageous in our works, that we may see Christ's Beloved Community in our own day. ***Amen.***

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Genesis 21:8-21

Reader: A Reading from the book of Genesis

The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, “Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac.” The matter was very distressing to Abraham on account of his son. But God said to Abraham, “Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named for you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring.” So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, “Do not let me look on the death of the child.” And as she sat opposite him, she lifted up her voice and wept.

And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, “What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.” Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink.

God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

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

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

Psalm 86:1-10, 16-17

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

- 1 Bow down your ear, O Lord, and answer me, *
for I am poor and in misery.
- 2 Keep watch over my life, for I am faithful; *
save your servant who puts his trust in you.
- 3 Be merciful to me, O Lord, for you are my God; *
I call upon you all the day long.
- 4 Gladden the soul of your servant, *
for to you, O Lord, I lift up my soul.
- 5 For you, O Lord, are good and forgiving, *
and great is your love toward all who call upon you.
- 6 Give ear, O Lord, to my prayer, *
and attend to the voice of my supplications.
- 7 In the time of my trouble I will call upon you, *
for you will answer me.

8 Among the gods there is none like you, O Lord, *
nor anything like your works.

9 All nations you have made will come and worship you, O Lord, *
and glorify your Name.

10 For you are great;
you do wondrous things; *
and you alone are God.

16 Turn to me and have mercy upon me; *
**give your strength to your servant;
and save the child of your handmaid.**

17 Show me a sign of your favor,
so that those who hate me may see it and be ashamed; *
because you, O Lord, have helped me and comforted me.

Romans 6:1b-11

Reader: A Reading from the book of Romans

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

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 #676

“There is a balm in Gilead”

Blue Hymnal

Refrain

There is a balm in Gil - e - ad, to make the wound - ed
whole, there is a balm in Gil - e - ad, to
heal the sin - sick soul. 1 2 soul.

1 Some - times I feel dis - cour - aged, and—
2 If you can - not preach like Pe - ter, if you
think my work's in vain, but— then the Ho - ly
can - not pray like Paul, you can tell the love of

Repeat Refrain

Spi - rit re - vives my soul a - gain.
Je - sus, and say, “He died for all.”

Words: African-American spiritual. Music: *Balm in Gilead*, Afro-American spiritual; acc. David Hurd (b. 1950).

Matthew 10:24-39

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

*People: **Glory to You, Lord Christ.***

Jesus said to the twelve disciples, “A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

“So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

“Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

“Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,
and a daughter against her mother,
and a daughter-in-law against her mother-in-law;
and one’s foes will be members of one’s own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.”.

Presider: The Gospel of Christ.

People Praise to You, Lord Christ.

Sermon

Rev. Linzi Stahlecker

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 have called us to serve you,
you have called us to heal,
you have called us to love.

Bless the work of the church; bless the work of this parish, that, in
responding to your call, it may be a force for good in the world.
We pray for all who work in healing ministries.

Christ Jesus, we come to you,
for you alone can make us whole.

We pray for all who work in the world of commerce,
for bankers, brokers, and traders – may they be responsible stewards of the
world's wealth and resources.

We remember all who are deeply in debt and cannot repay.

We pray for all countries where the national debt is crippling and limits the life of those who live there.

Christ Jesus, we come to you,
for you alone can make us whole.

We pray for all those living with chronic illness, all those living with children or elders who are chronically ill.

We pray for all who have no one to care for them, for all who are broken-hearted, for all who are broken-spirited.

We pray for all those who find themselves in desperate situations; for all who are anxious about their health or the health of a loved one.

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, we come to you,
for you alone can make us whole.

We give thanks for all who have been restored by your touch, and all who have been raised from the point of death; we pray for all have crossed from this life into life eternal in your presence.

Christ Jesus, we come to you,
for you alone can make us whole.

Presider: Christ Jesus, help us to heed your call.

Give us a spirit of humble service that we might reach out to others in love.

We ask this in your most holy name. **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 #691

“My faith looks up to thee”

Blue Hymnal

1 My faith looks up to thee, thou Lamb of Cal - va - ry,
 2 May thy rich grace im - part strength to my faint - ing heart,
 3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
 my zeal in - spire; as thou hast died for me, O may my
 be thou my guide; bid dark - ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
 love to thee pure, warm, and change - less be, a liv - ing fire.
 tears a - way, nor let me ev - er stray from thee a - side.

Words: Ray Palmer (1808-1887). Music: *Olivet*, Lowell Mason (1792-1872).

♪ 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.

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**

♪ 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 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 '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 #325

“Let us break bread together”

Blue Hymnal



1 Let us break bread to - geth-er on our knees; _____
2 Let us drink wine to - geth-er on our knees; _____



let us break bread to - geth-er on our knees; _____
let us drink wine to - geth-er on our knees; _____



Refrain

when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. _____



3 Let us praise God to - geth-er on our knees; _____



let us praise God to - geth-er on our knees; _____



Refrain

when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. _____

Words: African-American spiritual. Music: *Let Us Break Bread*, Afro-American spiritual; arr. and harm. David Hurd (b. 1950).

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


♪ Hymn #1

“Lift Every Voice and Sing”


LEVAS




1. Lift ev - 'ry voice and sing, Till earth and heav - en
2. Sto - ny the road we trod, Bit - ter the chast - 'ning
3. God of our wea - ry years, God of our si - lent




1. ring, Ring with the har - mo - nies of lib - er -
2. rod, Felt in the days when hope un - born had
3. tears, Thou who hast brought us thus far on the




1. ty; Let our re - joic - ing rise High as the list - 'ning
2. died; Yet with a stead - y beat, Have not our wear - y
3. way; Thou who hast by thy might, Led us in - to the



1. skies, Let it re - sound loud as the roll - ing sea.
2. feet Come to the place for which our fa - thers sighed?
3. light, Keep us for - ev - er in the path, we pray.



1. Sing a song full of the faith that the dark past has taught us;
2. We have come o - ver a - way that with tears has been wa - tered;
3. Lest our feet stray from the pla - ces, our God, where we met thee;



1. Sing a song full of the hope that the pres - ent has
2. We have come, tread - ing our path through the blood of the
3. Lest our hearts, drunk with the wine of the world, we for -

1. brought us; Fac - ing the ris - ing sun Of our new
 2. slaugh - tered; Out from the gloom - y past, Till now we
 3. get thee, Shad-owed be - neath Thy hand, May we for -

1. day be - gun, Let us march on till vic - to - ry is won.
 2. stand at last Where the white gleam of our bright star is cast.
 3. ev - er stand, True to our God, true to our na - tive land.

Dismissal

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

People: **Thanks be to God.**

♪ Postlude

Original Improvisation

Paul Burkle

Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Altar Guild:	Sarah Chesebro
Eucharistic Minister:	Alan Kiste
Chalice:	Michael Lucas
Lectors:	Bob Pelfrey, John Horsley
Flowers:	Sarah Chesebro
Usher:	Lisa Gonzalez
Usher:	Barbara Schippers
Music:	Paul Burkle
Intercessor:	Louisa Beeler
Tellers:	Karen Lewis, Bryson McKelvey
Online Host:	
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Christine & Steve Featherstone, Cynthia Mosely

This Week at St. Ben's

Monday	June 22
8:30 a	Morning Prayer (Zoom)
Tuesday	June 23
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 24
8:30 a	Morning Prayer (Zoom)
11:00 a	Laundry Love
4:00 p	Laundry Love
Thursday	June 25
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	June 26
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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