



# St. Benedict's Episcopal Church

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

**June 28th, 2026**

**Fifth 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 #261

## “My Lord, What a Morning”

Take Up the Song

*Refrain*



My Lord, what a morn - ing,\* my Lord, what a morn - ing,

*Fine*



my Lord, what a morn - ing, when the stars be - gin to fall.

1 You will hear the trum - pet sound  
2 And the Lord him - self will shout to wake the  
3 You will hear the arch - an - gels' cry



na - tions un - der - ground, look - ing to my God's right

*to Refrain*



hand, when the stars be - gin to fall.

## Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Almighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; 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 22:1-14

Reader: A Reading from the book of Genesis

God tested Abraham. He said to him, “Abraham!” And he said, “Here I am.” He said, “Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains that I shall show you.” So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt offering, and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place far away. Then Abraham said to his young men, “Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.” Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. Isaac said to his father Abraham, “Father!” And he said, “Here I am, my son.” He said, “The fire and the wood are here, but where is the lamb for a burnt offering?” Abraham said, “God himself will provide the lamb for a burnt offering, my son.” So the two of them walked on together.

When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the LORD called to him from heaven, and said, “Abraham, Abraham!”

And he said, “Here I am.” He said, “Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me.” And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. So Abraham called that place “The LORD will provide”; as it is said to this day, “On the mount of the LORD it shall be provided.”

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

## Psalm 13

S415

*the psalm is chanted on a single note, moving to the next note for the bolded word.*



- 1 How long, O Lord?  
will you forget me for **ever?** \*  
how long will you hide your **face from me?**
- 2 How long shall I have perplexity in my mind,  
and grief in my heart, day after **day?** \*  
how long shall my enemy triumph **over me?**
- 3 Look upon me and answer me, O Lord my **God;** \*  
give light to my eyes, lest I sleep in **death;**
- 4 Lest my enemy say, "I have prevailed **over him,**" \*  
and my foes rejoice that I have **fallen.**
- 5 But I put my trust in your **mercy;** \*  
my heart is joyful because of your saving **help.**
- 6 I will sing to the Lord, for he has dealt with me **richly;** \*  
I will praise the Name of the Lord Most **High.**

## Romans 6:12-23

*Reader: A Reading from the book of Romans*

Do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness.

For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness.

I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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

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

## ♪ Hymn #209

## “May Peace Abide in Us”

Take Up the Song



1 May peace a - bide in us till that en - vi - sioned day when  
2 May jus - tice live in us till we walk in the light by  
3 May love flow forth from us till peo - ple share the bliss which



none shall fear or make a - fraid, and peace has come to stay.  
which the just live out their faith, pur - su - ing truth and right.  
draws the world in such em - brace that peace and jus - tice kiss.

## Matthew 10:40-42

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

*People: Glory to You, Lord Christ.*

Jesus said, “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple-- truly I tell you, none of these will lose their reward.”

*Presider: The Gospel of Christ.*

*People Praise to You, Lord Christ.*

## Sermon

The 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**

We pray for your church,  
that it may be a holy church, a serving church.  
May we reveal your love through our care for and our acceptance of others.

We pray for the work of the church in the world, that in you we may know  
that glorious freedom promised to the children of God.

For this we pray to you, O God.  
*Amen.*

Guide the leaders of nations and communities into the way of peace and  
good will.  
We pray for those who strive to bring peace, end wars, and stop violence of  
all kinds.  
We pray for all who seek to bring unity and harmony to our world, that they  
may all be guided by your Spirit.

For this we pray to you, O God.  
*Amen.*

Loving God, make the places where we live together, work together, and  
serve together places of holiness and hospitality.  
In all our dealings fill us with grace and goodness, help us to be bearers of  
the Good News in all that we do.

For this we pray to you, O God.

*Amen.*

We remember before you all prisoners of conscience, all who are in prison for opposing the tyranny of oppressive regimes.

We pray for the lives and the efforts of all who strive to dismantle systems of injustice in this world.

We pray for all who have lost their freedom as a result of sickness.

We pray for the world-weary, the heavily burdened, the worn out, and those who feel their spirit has been broken – may all know, in their hearts, the glorious freedom offered to all by God.

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]

For this we pray to you, O God.

*Amen.*

We give thanks for all who have left behind the limitations and restrictions of this life and are walking before you as children of God.

May we, with them, know your abiding presence.

For this we pray to you, O God.

*Amen.*

Presider:

Holy One, you have freed us from the slavery of sin,  
and called us to be children of God.

Help us to work for the freedom of all and for the bringing in  
of your kingdom; in your name, Christ Jesus, we pray. *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](http://www.stbenslososos.org)*



## ♪ Hymn #593 “Lord, make us servants of your peace” Blue Hymnal

1 Lord, make us ser - vants of your peace: where there is  
2 Where all is doubt, may we sow faith; where all is  
3 Je - sus, our Lord, may we not seek to be con -  
4 May we not look for love's re - turn, but seek to  
5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -  
2 gloom, may we sow hope; where all is night, may we sow  
3 soled, but to con - sole, nor look to un - der - stand - ing  
4 love un - self - ish - ly, for in our giv - ing we re -  
5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.  
2 light; where all is tears, may we sow joy.  
3 hearts, but look for hearts to un - der - stand.  
4 ceive, and in for - giv - ing are for - given.  
5 peace, to wake at last in hea - ven's light.

## ♪ 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*

## Holy Eucharist

*On the 4th Sunday of the month, it has long been St. Benedict's custom to use the Eucharistic Prayer from the Iona Community [[iona.uk.org](http://iona.uk.org)]. The Iona Community is an international, ecumenical Christian movement, working for peace and justice, the rebuilding of community and the renewal of worship.*

Presider:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Presider: May Christ be with you,

All: *And also with you.*

Presider: Lift up your hearts,

All: *We lift them up to God.*

Presider: Let us give thanks to God,

All: *It is right to give both thanks and praise.*

Presider: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you. With the angels of light who envelop us, with the host of heaven, with all the saints before and beside us, with siblings east and west, north and south, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

## ♪ 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*

Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread. On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, "This is my body, given to you." In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying, "This cup is the new relationship with God, sealed with my blood. Take this and share it. I shall drink wine with you next in the coming Kingdom of God."

***All: Loving God,  
through your goodness we have this bread and wine to offer,  
which earth has given and human hands have made.  
May we know your presence in the sharing of this bread,  
So that we may know your touch in all bread, all matter.  
We celebrate the life that Jesus has shared among his  
community through the centuries, and shares with us now.  
Made one in Christ and one with each other, we offer these gifts  
and with them ourselves, a single, holy, living sacrifice. Amen.***

Presider: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

***All: Through Christ and with Christ and in Christ,  
all honor and glory are yours, All-Compassionate God,  
in the unity of the Holy Spirit, for ever and 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 treble clef staff and a bass clef staff, both in a key signature of one flat (B-flat). The treble staff contains the vocal melody, and the bass staff contains the piano accompaniment. 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 treble staff continues the vocal melody, and the bass staff continues the piano accompaniment. 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 treble staff continues the vocal melody, and the bass staff continues the piano accompaniment. 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 treble staff continues the vocal melody, and the bass staff continues the piano accompaniment. 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 treble staff continues the vocal melody, and the bass staff continues the piano accompaniment. 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 Fraction Anthem in G major and 4/4 time. It consists of four staves. The first two staves are for the vocal line, and the last two are for the piano accompaniment. The lyrics are: "Who - ev - er comes to me shall not hun - ger and who - ev - er be - lieves in me shall nev - er thirst." The piano accompaniment features a steady bass line and chords that support the vocal melody.

## 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 #324

## “Let all mortal flesh keep silence”

*Blue Hymnal*



1 Let all mortal flesh keep si - lence, and with fear and  
 2 King of kings, yet born of Ma - ry, as of old on  
 3 Rank on rank the host of hea - ven spreads its van - guard  
 4 At his feet the six - winged ser - aph; cher - u - bim with



trem - bling stand; pon - der noth - ing earth - ly -  
 earth he stood, Lord of lords in hu - man  
 on the way, as the Light of Light de -  
 sleep - less eye veil their fac - es to the



mind - ed, for with bless - ing in his hand  
 ves - ture, in the Bo - dy and the Blood  
 scend - eth from the realms of end - less day,  
 Pres - ence, as with cease - less voice they cry,



Christ our God to earth de - scend - eth,  
 he will give to all the faith - ful  
 that the powers of hell may va - nish  
 “Al - le - lu - ia, al - le - lu - ia!”



our full hom - age to de - mand.  
 his own self for heaven - ly food.  
 as the dark - ness clears a - way.  
 Al - le - lu - ia, Lord Most High!”

Words: Liturgy of St. James; para. Gerard Moultrie (1829-1885). Music: *Picardy*, French carol, 17th cent.; melody from *Chansons populaires des Provinces de France*, 1860; harm. after *The English Hymnal*, 1906.

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 #594

# “God of grace and God of glory”

*Blue Hymnal*



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



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



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



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

## Dismissal

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

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

## ♪ Postlude

*Original Improvisation*

Paul Burkle

Music reproduced and broadcast under OneLicense #A706314

## Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Altar Guild:	Lisa Gonzalez
Eucharistic Minister:	Michael Lucas
Chalice:	Brian Spolarich
Lectors:	Connie Weldon, Jim Malone
Flowers:	Pamela Bleisch
Usher:	Brian Spolarich
Usher:	Alan Kiste
Music:	Paul Burkle
Intercessor:	Sandy Fisher
Tellers:	Bryson McKelvey, Steve Cake
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Bryson McKelvey, Keith Matthews, Christa Matthews

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

Monday	June 29
8:30 a	Morning Prayer (Zoom)
Tuesday	June 30
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	July 1
8:30 a	Morning Prayer (Zoom)
4:00 p	Community Dinner
5:30 p	Vestry/PC Meeting
Thursday	July 2
8:30 a	Morning Prayer (Zoom)
11:30 a	Bible Study
Friday	July 3
8:30 a	Morning Prayer (Zoom)

## Land Acknowledgment

St. Benedict's acknowledges 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 the people of this parish 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 invites spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.*

## Our Inclusivity Statement

St. Benedict's strives to welcome all, regardless of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.



**St. Benedict's Episcopal Church**

**PO Box 6877**

**2220 Snowy Egret Lane**

**Los Osos, CA 93402**

**805-528-0654**

**office@stbenslososos.org**

**www.stbenslososos.org**

