



St. Benedict's Episcopal Church

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

July 26th, 2026

Ninth Sunday after Pentecost

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Dr. Caro Hall

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 #145

“Take Up The Song”

Take Up The Song



1 Take up the song, and sing the praise of God
 2 Take up the song, and sing the praise of God
 3 Take up the song, and sing the praise of God;
 4 Take up the song, and sing the praise of God;



who gave the world its might - y lands and seas,
 who gave the power of choice to hu - man - kind,
 pro - claim to all the o - pen mys - ter - y
 with mu - sic make both earth and heav - en ring,



then formed the fish and crea - tures of the earth;
 that we might rule the earth through ser - vant - hood,
 that Christ, whose death de - stroyed the power of sin,
 for God is good and loves all he has made;



our God be praised for won - drous gifts like these!
 and so find joy in all that God de - signed.
 was raised by God to reign in Trin - i - ty.
 so now to him all thanks and prais - es bring!

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; 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 29:15-28

Reader: A Reading from the book of Genesis

Laban said to Jacob, “Because you are my kinsman, should you therefore serve me for nothing? Tell me, what shall your wages be?” Now Laban had two daughters; the name of the elder was Leah, and the name of the younger was Rachel. Leah’s eyes were lovely, and Rachel was graceful and beautiful. Jacob loved Rachel; so he said, “I will serve you seven years for your younger daughter Rachel.” Laban said, “It is better that I give her to you than that I should give her to any other man; stay with me.” So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.

Then Jacob said to Laban, “Give me my wife that I may go in to her, for my time is completed.” So Laban gathered together all the people of the place, and made a feast. But in the evening he took his daughter Leah and brought her to Jacob; and he went in to her. (Laban gave his maid Zilpah to his daughter Leah to be her maid.) When morning came, it was Leah! And Jacob said to Laban, “What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?” Laban said, “This is not done in our country—giving the younger before the firstborn. Complete the week of this one, and we will give you the other also in return for serving me another seven years.” Jacob did so, and completed her week; then Laban gave him his daughter Rachel as a wife.

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

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

Psalm 105:1-11, 45b

The Psalm is chanted by all on a single note, moving to the next note with the word in bold



- 1 Give thanks to the Lord and call upon his **Name**; *
make known his deeds among the **peoples**.
- 2 Sing to him, sing praises **to him**, *
and speak of all his marvelous **works**.
- 3 Glory in his holy **Name**; *
let the hearts of those who seek the Lord re-**joice**.
- 4 Search for the Lord and his **strength**; *
continually seek his **face**.
- 5 Remember the marvels he has **done**, *
his wonders and the judgments of his **mouth**,
- 6 O offspring of Abraham his **servant**, *
O children of Jacob his **chosen**.
- 7 He is the Lord our **God**; *
his judgments prevail in all the **world**.
- 8 He has always been mindful of his **covenant**, *
the promise he made for a thousand gener-**ations**:
- 9 The covenant he made with **Abraham**, *
the oath that he swore to **Isaac**,
- 10 Which he established as a statute for **Jacob**, *
an everlasting covenant for **Israel**,

repeat the second half of the chant for the last verse

- 11 Saying, "To you will I give the land of **Canaan** *
to be your allotted inheritance."

45b Hallelujah!

Romans 8:26-39

Reader: A Reading from Paul's letter to the Romans

The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written,

“For your sake we are being killed all day long;
we are accounted as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

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 #633

“Word of God, come down on earth” vs. 1 & 4 only

Blue Hymnal

1 Word of God, come down on earth, liv - ing rain from
2 Word e - ter - nal, throned on high, Word that brought to
3 Word that caused blind eyes to see, speak and heal our
4 Word that speaks your Fa - ther's love, one with him be -

heaven de - scend - ing; touch our hearts and bring to birth
life cre - a - tion, Word that came from heaven to die,
mor - tal blind - ness; deaf we are: our heal - er be;
yond all tell - ing, Word that sends us from a - bove

faith and hope and love un - end - ing. Word al - might - y,
cru - ci - fied for our sal - va - tion, sav - ing Word, the
loose our tongues to tell your kind - ness. Be our Word in
God the Spi - rit, with us dwell - ing, Word of truth, to

we re - vere you; Word made flesh, we long to hear you.
world re - stor - ing, speak to us, your love out - pour - ing.
pi - ty spo - ken; heal the world, by our sin bro - ken.
all truth lead us, Word of life, with one Bread feed us.

Words: James Quinn (b. 1919). Copyright © 1969 James Quinn, SJ, printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Mt. St. Alban NCA*, Richard Wayne Dirksen (b. 1921). Copyright © 1984 Richard W. Dirksen.

Matthew 13:31-33,44-52

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

People: Glory to You, Lord Christ.

Jesus put before the crowds another parable: “The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.”

He told them another parable: “The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.”

“The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.

“Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

“Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

“Have you understood all this?” They answered, “Yes.” And he said to them, “Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.”

Presider: The Gospel of Christ.

People Praise to You, Lord Christ.

Sermon

Michael Lucas

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

Holy One, as you have called us to fulfil your purpose,
work in us and through us to do your will.
Make us the people you have created us to be.
Guide us to do what you would have us do.

We pray for all who are seeking to grow in the faith,
we pray for all who long for you, for all seekers, for all inquirers.
Holy God, your will be done,
your kingdom come in us.

We pray for all who are suffering hardship, or persecution,
for all who are in danger or living with the threat of violence.
Strengthen all who seek to bring in your kingdom by striving for peace, for
justice, and for liberty.

Holy God, your will be done,
your kingdom come in us.

We give thanks for those who have shared with us the riches of your
kingdom,
for those who have been examples to us,
for those who have taught us in the faith.

We pray for all who seek to pass the riches of their faith in the places where they live, serve, and work with others.

Holy God, your will be done,
your kingdom come in us.

Have mercy on all who are suffering today.
May they know your love and your saving power.
We remember people who are suffering because of tyranny, oppression,
poverty, and injustices of all kinds.
We pray for all who are suffering because of injury, or sickness.
We pray for all healers and comforters.

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, your will be done,
your kingdom come in us.

We give thanks that in Christ you have brought us to the great riches of the kingdom.

We pray for the saints in light and for the faithful departed, that we may all be one with you in your eternal kingdom.

Holy God, your will be done,
your kingdom come in us.

Presider: Almighty God, in our weakness, be our strength.
We do not know how to pray as we ought.
As we love you, work in us that which is good;
through 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

Presider: 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

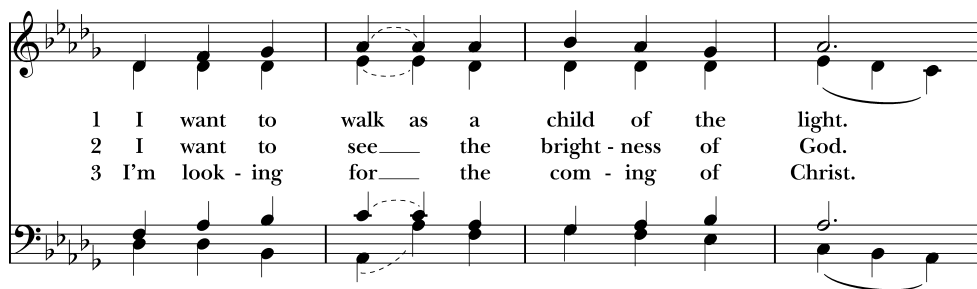
Birthday & Anniversary Prayers

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.

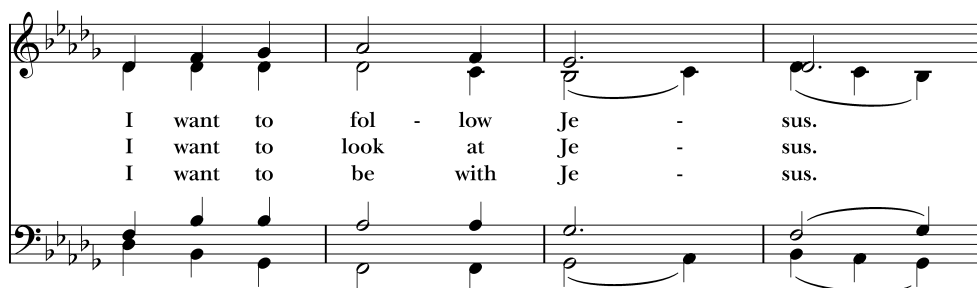
The Offertory

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

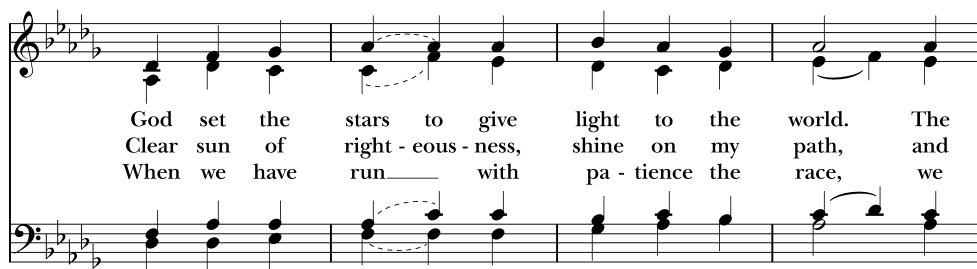
♪ Hymn #490 "I want to walk as a child of the light" Blue Hymnal



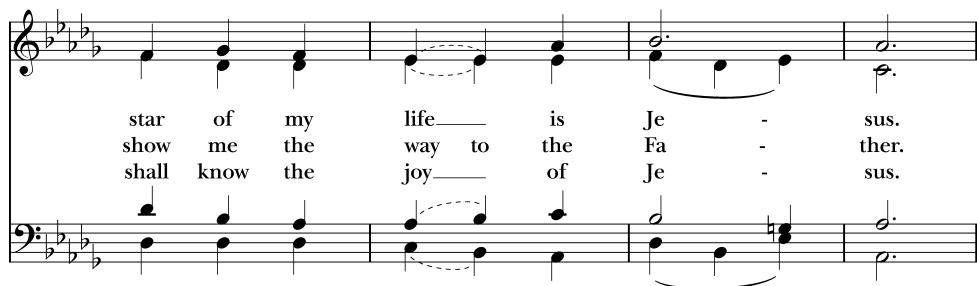
1 I want to walk as a child of the light.
2 I want to see the bright - ness of God.
3 I'm look - ing for the com - ing of Christ.



I want to fol - low Je - sus.
I want to look at Je - sus.
I want to be with Je - sus.



God set the stars to give light to the world. The
Clear sun of right - eous - ness, shine on my path, and
When we have run with pa - tience the race, we



star of my life is Je - sus.
show me the way to the Fa - ther.
shall know the joy of Je - sus.

Refrain

In him there is no dark - ness at all. The

night and the day are both a - like. The

Lamb is the light of the ci - ty of God. *rit.*

a tempo

Shine in my heart, Lord Je - sus.

Words: Kathleen Thomerson (b. 1934). Copyright © 1970, 1975, Celebration, Aliquippa, PA 15001. All Rights Reserved. Used by permission. Music: Houston, Kathleen Thomerson (b. 1934).

♪ 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

EOW

The musical notation consists of four staves, each with a key signature of one flat (B-flat) and a common time signature (C). The first staff is for the Celebrant and the second for the People. The third and fourth staves are for the Celebrant and People respectively. The lyrics are as follows:

Celebrant The Lord be with you. *People* And al - so with you.

Celebrant Lift up your hearts. *People* We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

People It is right to give him thanks and praise.

Presider:

It is truly right, and good and joyful,
to give you thanks, all-holy God,
source of life and fountain of mercy.

You have filled us and all creation with your blessing
and fed us with your constant love;
you have redeemed us in Jesus Christ
and knit us into one body.

Through your Spirit you replenish us
and call us to fullness of life.
Therefore, joining with Angels and Archangels
and with the faithful of every generation,
we lift our voices with all creation as we sing:

♪ Sanctus

S128

Ho - ly, ho - ly,

ho - ly Lord, God of power and might,

heaven 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: William Mathias (1934-1992). Copyright © 1976 Oxford University Press.

Blessed are you, gracious God,
creator of the universe and giver of life.
You formed us in your own image
and called us to dwell in your infinite love.
You gave the world into our care
that we might be your faithful stewards
and show forth your bountiful grace.
But we failed to honor your image
in one another and in ourselves;
we would not see your goodness in the world around us;
and so we violated your creation,
abused one another,
and rejected your love.
Yet you never ceased to care for us,
and prepared the way of salvation for all people.
Through Abraham and Sarah
you called us into covenant with you.
You delivered us from slavery,
sustained us in the wilderness,
and raised up prophets
to renew your promise of salvation.
Then, in the fullness of time,
you sent your eternal Word,
made mortal flesh in Jesus.
Born into the human family,
and dwelling among us,
he revealed your glory.
Giving himself freely to death on the cross,
he triumphed over evil,
opening the way of freedom and life.

On the night before he died for us,
Our Savior Jesus Christ took bread,
and when he had given thanks to you,
he broke it, and gave it to his friends, and said:
“Take, eat:
This is my Body which is given for you.
Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine,
and when he had given thanks,
he gave it to them, and said:
“Drink this, all of you:
This is my Blood of the new Covenant,
which is poured out for you and for all
for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

<i>Presider and People:</i>	Christ has died.
	Christ is risen.
	Christ will come again.

The Presider continues:

Remembering his death and resurrection,
we now present to you from your creation
this bread and this wine.

By your Holy Spirit may they be for us
the Body and Blood of our Savior Jesus Christ.

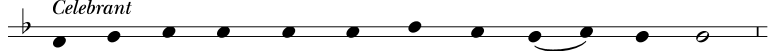
Grant that we who share these gifts
may be filled with the Holy Spirit
and live as Christ's Body in the world.

Bring us into the everlasting heritage
of your children,
that with blessed Benedict, patron of this house, and all your saints,
past, present, and yet to come,
we may praise your Name for ever.

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

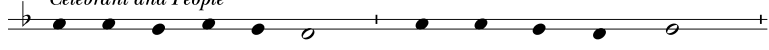
♪ The Lord's Prayer

Celebrant

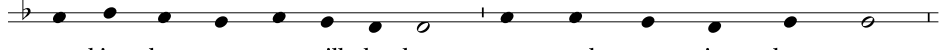


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



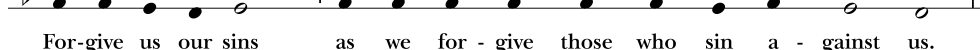
Our Fa - ther in hea - ven, hal - lowed be your Name,



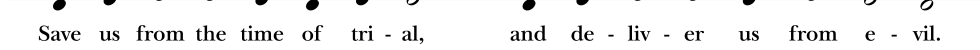
your king - dom come, your will be done, on earth as in hea - ven.



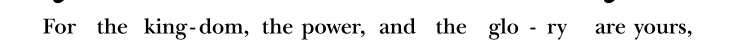
Give us to - day our dai - ly bread.



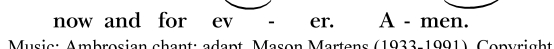
For - give us our sins as we for - give those who sin a - gainst us.



Save us from the time of tri - al, 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.

Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

The Breaking of the Bread

The Presider breaks the Bread

♪ Fraction Anthem

S 167

Antiphon
Cantor; then All



The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread.

Cantor

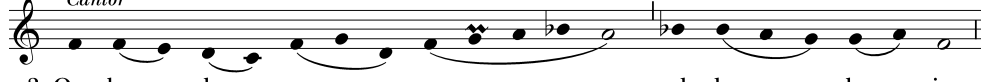


1. The bread which we break, al - le - lu - ia,



is the com - mun - ion of the bo - dy of Christ. [Ant.]

Cantor



2. One bo - dy are we, al - le - lu - ia,



for though man - y we share one bread. [Ant.]

Music: Mode 6 melody; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

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

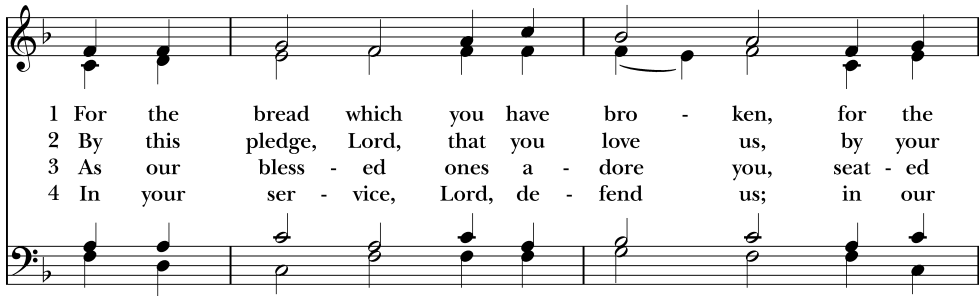
Original Improvisation

Paul Burkle

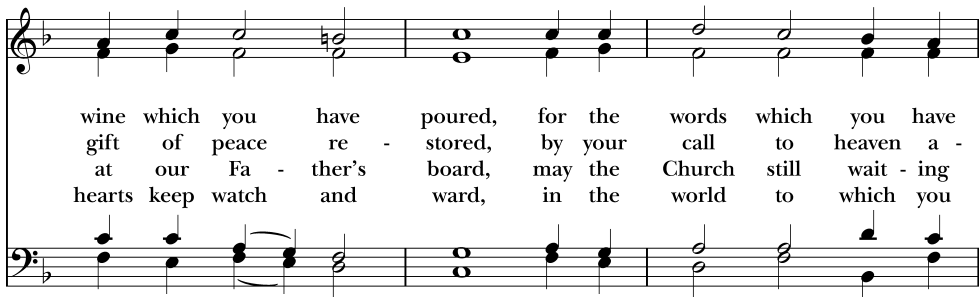
♫ Hymn #341

“For the bread which you have broken”

Blue Hymnal



1 For the bread which you have bro - ken, for the
 2 By this pledge, Lord, that you love us, by your
 3 As our bless - ed ones a - dore you, seat - ed
 4 In your ser - vice, Lord, de - fend us; in our



wine which you have poured, for the words which you have
 gift of peace re - stored, by your call to heaven a -
 at our Fa - ther's board, may the Church still wait - ing
 hearts keep watch and ward, in the world to which you



spo - ken, now we give you thanks, O Lord.
 bove us, hal - low all our lives, O Lord.
 for you keep love's tie un - bro - ken, Lord.
 send us let your king - dom come, O Lord.

Words: Louis F. Benson (1855-1930), alt. Copyright © Louis F. Benson. Used by permission of Robert F. Jeffery. Music: *Omni die*, melody from *Gross Catolisch Gesangbuch*, 1631; harm. William Smith Rockstro (1823-1895).

Silence

(please stand as you are able)

Prayer

All: **God of abundance,
you have fed us
with the bread of life and cup of salvation;
you have united us
with Christ and one another;
and you have made us one
with all your people in heaven and on earth.
Now send us forth
in the power of your Spirit,
that we may proclaim your redeeming love to the world
and continue for ever
in the risen life of Christ our Savior. Amen.**

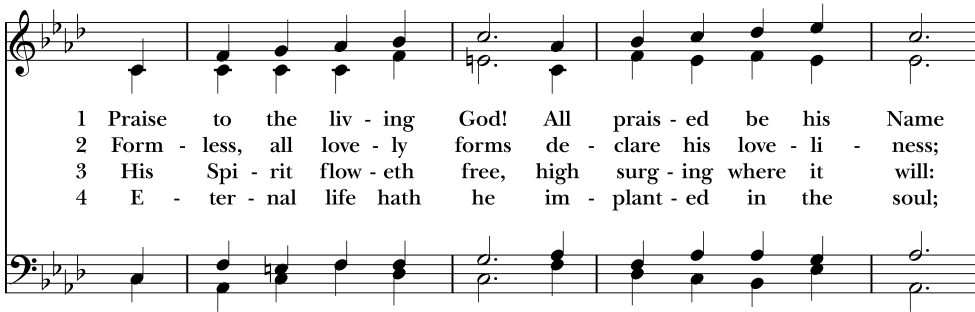
Blessing

Presider: 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.

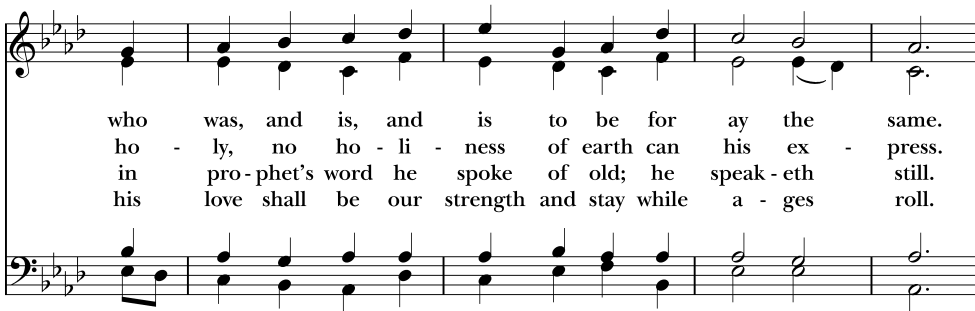
♩ Hymn #372

“Praise to the living God!”

Blue Hymnal



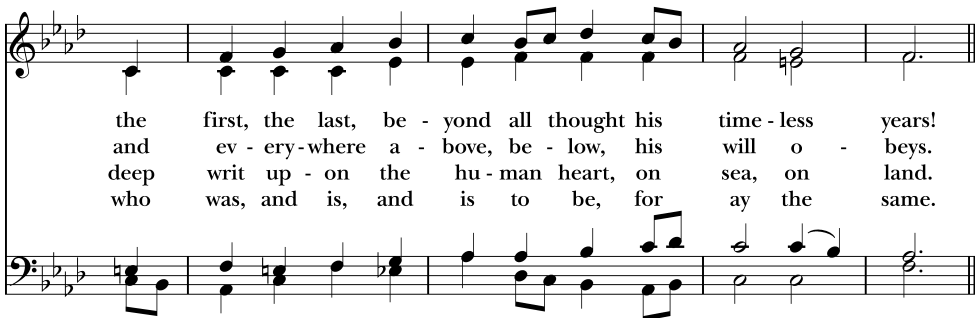
1 Praise to the liv - ing God! All prais - ed be his Name
 2 Form - less, all love - ly forms de - clare his love - li - ness;
 3 His Spi - rit flow - eth free, high surg - ing where it will:
 4 E - ter - nal life hath he im - plant - ed in the soul;



who was, and is, and is to be for ay the same.
 ho - ly, no ho - li - ness of earth can his ex - press.
 in pro - phet's word he spoke of old; he speak - eth still.
 his love shall be our strength and stay while a - ges roll.



The one e - ter - nal God ere aught that now ap - pears:
 Lo, he is Lord of all. Cre - a - tion speaks his praise,
 Es - tab - lished is his law, and change - less it shall stand,
 Praise to the liv - ing God! All prais - ed be his Name



the first, the last, be - yond all thought his time - less years!
 and ev - ery - where a - bove, be - low, his will o - beys.
 deep writ up - on the hu - man heart, on sea, on land.
 who was, and is, and is to be, for ay the same.

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

Dismissal

Presider: Let us go forth in the name of Christ

People: Thanks be to God.

♪ Postlude

Original Improvisation

Paul Burkle

Ministers of the Service

Presider:	The Rev. Dr. Caro Hall
Preacher:	Michael Lucas
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Helen Schnieders
Chalice:	Alan Kiste
Lectors:	Jane Wu, Roz Malone
Flowers:	Brian Spolarich
Usher:	Barbara Schippers
Usher:	Ed Valentine
Music:	Paul Burkle
Intercessor:	Christa Matthews
Tellers:	Karen Lewis, Diana Hammerlund
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Lisa Gonzalez

This Week at St. Ben's

Monday	July 27
8:30 a	Morning Prayer (Zoom)
Tuesday	July 28
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 29
8:30 a	Morning Prayer (Zoom)
11:00 a	Laundry Love
4:00 p	Laundry Love
Thursday	July 30
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	July 31
8:30 a	Morning Prayer (Zoom)
Saturday	August 1
12:00 p	People's Kitchen

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

