



# St. Benedict's Episcopal Church

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

**July 5th, 2026**

**Sixth Sunday after Pentecost**

~ **Prelude** ~

“My Country Tis of Thee/Eternal Father Strong to Save”

*arr Carol Tornquist*

**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.***



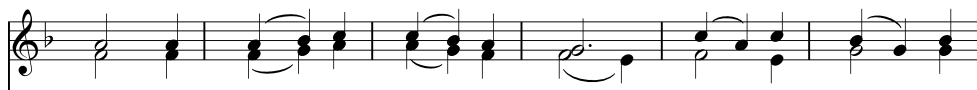
1 Love di - vine, all loves ex - cell - ing, joy of heaven, to  
 2 Come, al - might - y to de - liv - er, let us all thy  
 3 Fi - nish then thy new cre - a - tion; pure and spot - less



earth come down, fix in us thy hum - ble dwell - ing, all thy  
 life re - ceive; sud - den - ly re - turn, and nev - er, nev - er -  
 let us be; let us see thy great sal - va - tion per - fect -



faith - ful mer - cies crown. Je - sus, thou art all com - pas - sion,  
 more thy tem - ples leave. Thee we would be al - way bless - ing,  
 ly re - stored in thee: changed from glo - ry in - to glo - ry,



pure, un - bound - ed love thou art; vis - it us with  
 serve thee as thy hosts a - bove, pray, and praise thee  
 till in heaven we take our place, till we cast our



thy sal - va - tion, en - ter ev - ery trem - bling heart.  
 with - out ceas - ing, glo - ry in thy per - fect love.  
 crowns be - fore thee, lost in won - der, love, and praise.

## Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

## **Genesis 24:34-38, 42-49, 58-67**

Reader: A Reading from the book of Genesis

The servant said to Laban, “I am Abraham’s servant. The LORD has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master’s wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, ‘You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father’s house, to my kindred, and get a wife for my son.’”

“I came today to the spring, and said, ‘O LORD, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, “Please give me a little water from your jar to drink,” and who will say to me, “Drink, and I will draw for your camels also” —let her be the woman whom the LORD has appointed for my master’s son.’”

“Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, ‘Please let me drink.’ She quickly let down her jar from her shoulder, and said, ‘Drink, and I will also water your camels.’ So I drank, and she also watered the camels. Then I asked her, ‘Whose daughter are you?’”

She said, ‘The daughter of Bethuel, Nahor’s son, whom Milcah bore to him.’ So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshiped the LORD, and blessed the LORD, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master’s kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.”

And they called Rebekah, and said to her, “Will you go with this man?” She said, “I will.” So they sent away their sister Rebekah and her nurse along with Abraham’s servant and his men. And they blessed Rebekah and said to her, “May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.” Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, “Who is the man over there, walking in the field to meet us?” The servant said, “It is my master.” So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah’s tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother’s death.

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

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

## Song of Solomon 2:8-13

*The reading will be lead by the Eucharistic Minister,  
the congregation joins with the words in bold:*

The voice of my beloved!  
Look, he comes,  
leaping upon the mountains,  
bounding over the hills.  
My beloved is like a gazelle  
or a young stag.  
***Look, there he stands  
behind our wall,  
gazing in at the windows,  
looking through the lattice.  
My beloved speaks and says to me:  
"Arise, my love, my fair one,  
and come away;  
for now the winter is past,  
the rain is over and gone.  
The flowers appear on the earth;  
the time of singing has come,  
and the voice of the turtledove  
is heard in our land.  
The fig tree puts forth its figs,  
and the vines are in blossom;  
they give forth fragrance.  
Arise, my love, my fair one,  
and come away."***

## Romans 7:15-25a

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

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it.

For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ 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 #692** “I heard the voice of Jesus say” verse 1 only Blue Hymnal

The image shows the musical score for Hymn #692, "I heard the voice of Jesus say" (verse 1 only). The score is written in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. It consists of four staves of music with lyrics underneath. The lyrics are: "I heard the voice of Je - sus say, 'Come un - to me and rest; and in your wea - ri - ness lay down your head up - on my breast.' I came to Je - sus as I was, so wea - ry, worn, and sad; I found in him a rest - ing place, and he has made me glad." The music features a simple, hymn-like melody with chords and rests.

I I heard the voice of Je - sus say, "Come un - to me and rest;  
and in your wea - ri - ness lay down your head up - on my breast."  
I came to Je - sus as I was, so wea - ry, worn, and sad;  
I found in him a rest - ing place, and he has made me glad.

## **Matthew 11:16-19, 25-30**

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

*People: Glory to You, Lord Christ.*

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance;  
we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

*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 give thanks to you for all who labor for the coming in of your kingdom.  
We pray for visionaries, preachers, evangelists, and carers.  
We pray for those who are dispirited by the greatness of the task facing  
them,  
for all who are wearied by their work, for those who lack support,  
for all who work in lonely and dangerous places.  
We come with our tiredness and in our weariness.

Christ Jesus, we come to you.  
*Give us rest and renew us.*

We pray for all who have lost the joy and pleasure of living.  
We pray for those who are bored, or cynical, those who are trapped in  
apathy  
and feel jaded with life.  
We remember all who are overworked and stressed.  
We pray for all who do not know the value and importance of rest.

Christ Jesus, we come to you.  
*Give us rest and renew us.*

Make the places where we live, serve, and work places of peace and calm.  
We pray for all relationships, families, and communities where there is  
strife.

We pray for all who feel life has become dull.

Christ Jesus, we come to you.

***Give us rest and renew us.***

We pray for all who are anxious, for all who are depressed, for all who are  
despairing.

We pray for all who feel they can no longer cope on their own.

We come before you with all of our burdens and needs.

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.

***Give us rest and renew us.***

We give thanks for those who are at rest and have found newness of life in  
you.

We pray for all whose suffering is over and are restored and renewed in  
your kingdom.

Christ Jesus, we come to you.

***Give us rest and renew us.***

Presider: Christ Jesus, come to us, that we might find rest and peace in  
you. Come, Christ Jesus, come to us, that we may love you and proclaim  
your saving power, that we may live to your glory. In your most precious  
and holy name 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*



## ♪ Hymn #761

## “All who hunger gather gladly”

WLP



1. All who hun - ger gath - er glad - ly; ho - ly man - na  
2. All who hun - ger, nev - er stran - gers, seek - er, be a  
3. All who hun - ger, sing to - geth - er, Je - sus Christ is



is our bread. Come from wil - der - ness and wan - d'ring.  
wel - come guest. Come from rest - less - ness and roam - ing.  
liv - ing bread. Come from lone - li - ness and long - ing.



Here in truth we will be fed. You that yearn for  
Here, in joy we keep the feast. We that once were  
Here, in peace, we have been fed. Blest are those who



days of full - ness, all a - round us is our food.  
lost and scat - tered in com - mun - ion's love have stood.  
from this ta - ble live their days in grat - i - tude.



Taste and see the grace e - ter - nal.  
Taste and see the grace e - ter - nal.  
Taste and see the grace e - ter - nal.



Taste and see that God is good.  
Taste and see that God is good.  
Taste and see that God is good.

Harmony (the melody is in the tenor)



1. All who hun - ger gath - er glad - ly; ho - ly man - na  
2. All who hun - ger, nev - er stran - gers, seek - er, be a  
3. All who hun - ger, sing to - geth - er, Je - sus Christ is



is our bread. Come from wil - der - ness and wan - d'ring.  
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Here, in joy we keep the feast. We that once were  
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days of full - ness, all a - round us is our food.  
lost and scat - tered in com - mun - ion's love have stood.  
from this ta - ble live their days in grat - i - tude.



Taste and see the grace e - ter - nal. Taste and see that God is good.  
Taste and see the grace e - ter - nal. Taste and see that God is good.  
Taste and see the grace e - ter - nal. Taste and see that God is good.

## ♪ 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


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:

*Presider and People:*

**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.

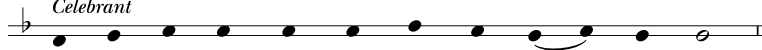
Grant that we who share these gifts  
may be filled with the Holy Spirit  
and live as Christ's Body in the world.

Bring us into the everlasting heritage  
of your daughters and sons,  
that with Benedict 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**

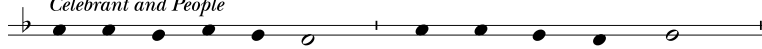
# ♪ The Lord's Prayer

*Celebrant*

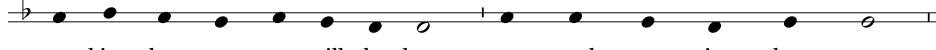


As our Sa - vior Christ has taught us, we now pray,

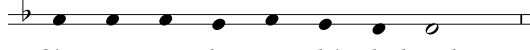
*Celebrant and People*



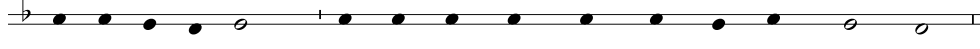
Our Fa - ther in hea - ven, hal - lowed be your Name,



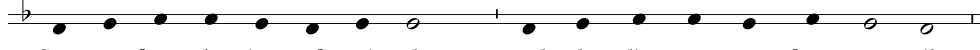
your king - dom come, your will be done, on earth as in hea - ven.



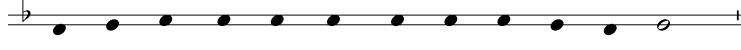
Give us to - day our dai - ly bread.



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

“He Leadeth Me”

*Don Wyrzten*

“It Is Well With My Soul”

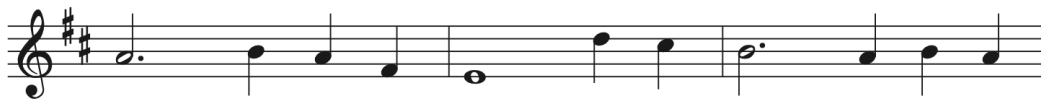
*Teresa wilhelmhi*

# Hymn #120

## “Come to Me, O Weary Traveler” *Take Up the Song*



1 Come to me, O wea - ry trav - eler; come to  
2 Do not fear, my yoke is eas - y; do not  
3 Take my yoke and leave your trou - bles; take my  
4 Rest in me, O wea - ry trav - eler; rest in



me with your dis - tress; come to me, you heav - y -  
fear, my bur - den's light; do not fear the path be -  
yoke and come with me. Take my yoke, I am be -  
me and do not fear. Rest in me, my heart is



bur - dened; come to me and find your rest.  
fore you; do not run from me in fright.  
side you; take and learn hu - mil - i - ty.  
gen - tle; rest and cast a - way your care.

Silence

(please stand as you are able)

## **Prayer**

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**

# ♪ Hymn #719

## “O beautiful for spacious skies”

*Blue Hymnal*



1 O beau - ti - ful for spa - cious skies, for am - ber waves of grain,  
2 O beau - ti - ful for he - roes proved in lib - er - at - ing strife,  
3 O beau - ti - ful for pa - triot dream that sees be - yond the years



for pur - ple moun - tain ma - jes - ties a - bove the fruit - ed plain!  
who more than self their coun - try loved, and mer - cy more than life!  
thine al - a - bas - ter ci - ties gleam, un - dimmed by hu - man tears!



A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,  
A - mer - i - ca! A - mer - i - ca! God mend thine ev - ery flaw,  
A - mer - i - ca! A - mer - i - ca! God shed his grace on thee,



and crown thy good with bro - ther - hood from sea to shin - ing sea.  
con - firm thy soul in self - con - trol, thy lib - er - ty in law.  
and crown thy good with bro - ther - hood from sea to shin - ing sea.

## Dismissal

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

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

## ♪ Postlude

“o worship the king”

*Joel Raney*

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## **Land Acknowledgment**

St. Benedict's acknowledges with gratitude the yak tityu tityu yak tiłhini (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**

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