



St. Benedict's Episcopal Church

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

July 12th, 2026

Seventh 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 #8

“Morning has broken”

Blue Hymnal

Unison or harmony

1 Morn-ing has bro - ken like the first morn - ing,
 2 Sweet the rain's new fall sun - lit from hea - ven,
 3 Mine is the sun - light! Mine is the morn - ing

black-bird has spo - ken like the first bird. _____
 like the first dew - fall on the first grass. _____
 born of the one light E - den saw play! _____

Praise for the sing - ing! Praise for the morn - ing!
 Praise for the sweet - ness of the wet gar - den,
 Praise with e - la - tion, praise ev - every morn - ing,

Praise for them, spring - ing fresh from the Word! _____
 sprung in com - plete - ness where his feet pass. _____
 God's re - cre - a - tion of the new day! _____

Words: Eleanor Farjeon (1881-1965), alt. By permission of David Higham Associates Limited, London. Music: *Bunessan*, Gaelic melody; harm. Alec Wyton (b. 1921). Harmonization Copyright © by The Church Pension Fund.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

please be seated for the readings

Genesis 25:19-34

Reader: A Reading from the book of Genesis

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the LORD for his wife, because she was barren; and the LORD granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the LORD. And the LORD said to her,

"Two nations are in your womb,
and two peoples born of you shall be divided;
the one shall be stronger than the other,
the elder shall serve the younger."

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, “Let me eat some of that red stuff, for I am famished!” (Therefore he was called Edom.) Jacob said, “First sell me your birthright.” Esau said, “I am about to die; of what use is a birthright to me?” Jacob said, “Swear to me first.” So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

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

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

Psalm 119:105-112

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



For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

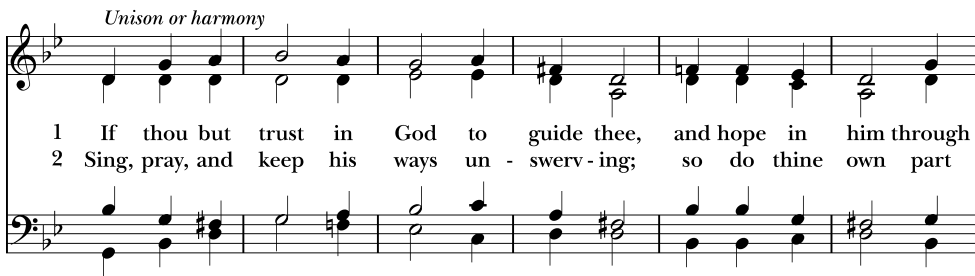
Reader: *Hear what the Spirit is saying to God's people.*

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

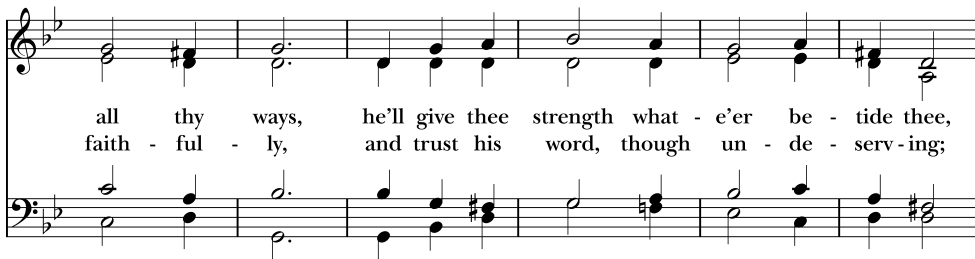
(please stand as you are able as we welcome the Gospel)

Hymn #635 **“If thou but trust in God to guide thee”** Blue Hymnal

Unison or harmony



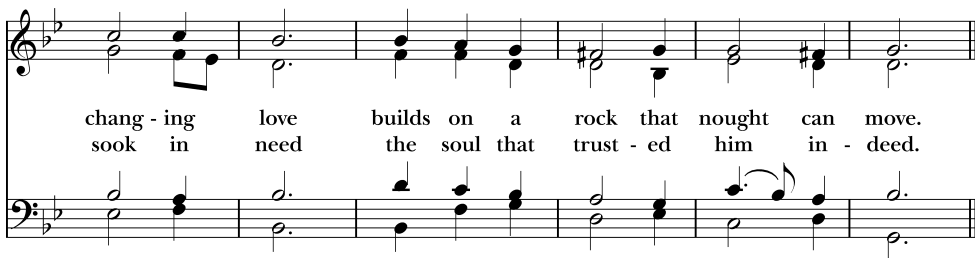
1 If thou but trust in God to guide thee, and hope in him through
 2 Sing, pray, and keep his ways un - swerv - ing; so do thine own part



all thy ways, he'll give thee strength what - e'er be - tide thee,
 faith - ful - ly, and trust his word, though un - de - serv - ing;



and bear thee through the e - vil days. Who trusts in God's un -
 thou yet shalt find it true for thee; God nev - er yet for -



chang - ing love builds on a rock that nought can move.
 sook in need the soul that trust - ed him in - deed.

Words: Georg Neumark (1621-1681); tr. Catherine Winkworth (1829-1878), alt. Music: *Wer nur den lieben Gott*, Georg Neumark (1621-1681).

Matthew 13:1-9,18-23

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

People: Glory to You, Lord Christ.

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: “Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!”

“Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away.

As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.”

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 all evangelists, preachers, and teachers of the faith.
We pray for those who lead worship, for those who facilitate spiritual conversations and faith formation, for those who give of their time and wisdom to lead ministries in and for your church.
We are sorry for all the times we have strayed away from you, and when we are tempted to lose hope.

God, you are our salvation.
You are the hope of us all.

We pray for all whose work and efforts go unnoticed,
for all whose cries fall on stony ground,
for all whose labor is taken for granted and whose efforts are frustrated,
we pray for all who are choked by the cares and the riches of the world.
We remember before you all who have lost hope of growing or achieving anything.

God, you are our salvation.
You are the hope of us all.

Help us to bring forth the fruits of your Spirit in the places where we live, serve, and work.
May our communities be places where love, joy, and peace abound.

God, you are our salvation.

You are the hope of us all.

Loving God, have mercy on all who have lost hope or vision.

Protect all who are not at peace in themselves or at peace with those around them.

We pray for all who are ill, or struggling against adversity, we pray for all who are tempted to give up.

We pray for friends and loved ones and their special needs today.

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]

God, you are our salvation.

You are the hope of us all.

We give thanks that as you raised Christ from the dead you will give life to our mortal bodies.

We pray for all who are renewed and refreshed in your eternal kingdom, and we pray that, one day, we may share with them in that glory.

God, you are our salvation.

You are the hope of us all.

Presider: Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; 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

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.

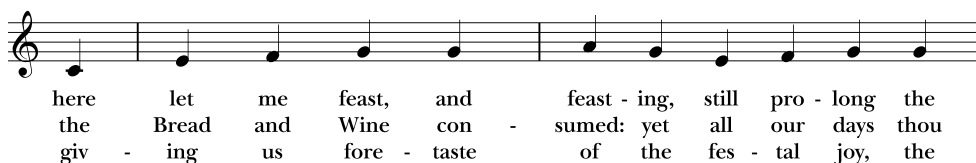
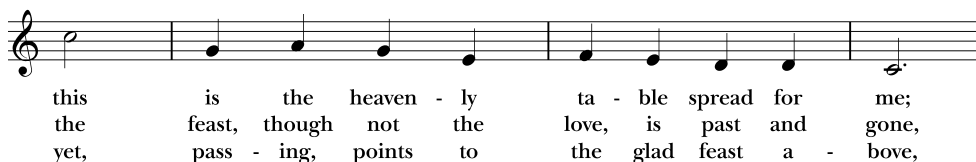
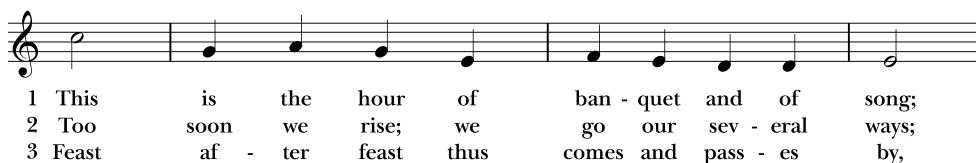
The Offertory

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 #316

“This is the hour”

Blue Hymnal



Words: Horatius Bonar (1808-1889), alt. Music: *Canticum refectiois*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

♪ 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 treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff is for the Celebrant, and the second is for the People. The third staff is for the Celebrant, and the fourth is for the People. 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.

The musical score is written on five staves in treble clef. The first staff contains the lyrics 'Ho - ly, ho - ly,' with a slur over the notes. The second staff contains 'ho - ly Lord, God of power and might,' with a slur over the notes. The third staff contains 'heaven and earth are full of your glo - ry. Ho-san-na in the' with a slur over the notes. The fourth staff contains 'high - est. Bless - ed is he who' with a slur over the notes. The fifth staff contains 'comes in the name of the Lord. Ho-san-na in the high-est.' with a slur over the notes. The score ends with a double bar line.

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.

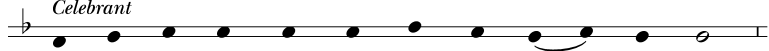
Grant that we who share these gifts
may be filled with the Holy Spirit
and live as Christ's Body in the world.

Bring us into the everlasting heritage
of your 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**

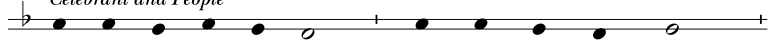
♪ The Lord's Prayer

Celebrant

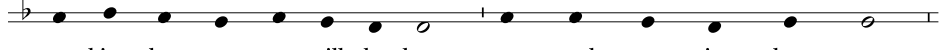


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



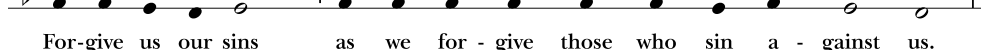
Our Fa - ther in hea - ven, hal - lowed be your Name,



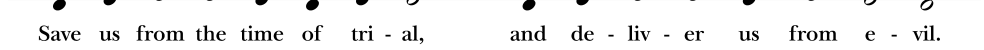
your king - dom come, your will be done, on earth as in hea - ven.



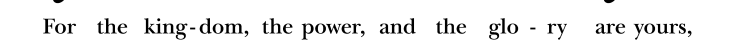
Give us to - day our dai - ly bread.



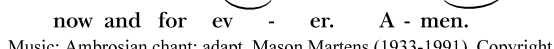
For - give us our sins as we for - give those who sin a - gainst us.



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 #439

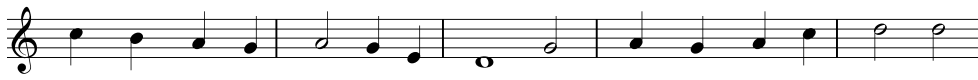
“What wonderful love is this”

Blue Hymnal

Unison



1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won - drous love is this, O my soul! What won - drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

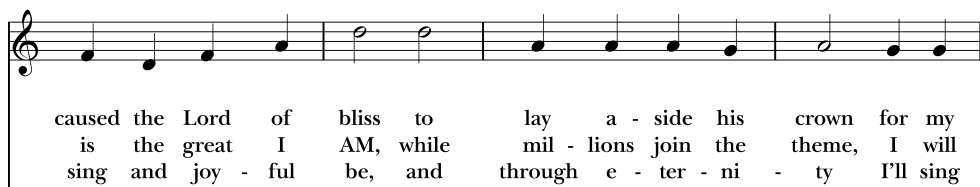
Harmony (the melody is in the tenor)



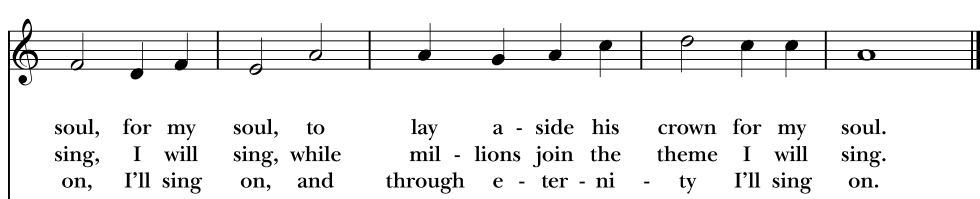
1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won - drous love is this, O my soul! What won - drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
is the great I AM, while mil - lions join the theme, I will
sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.
sing, I will sing, while mil - lions join the theme I will sing.
on, I'll sing on, and through e - ter - ni - ty I'll sing on.

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 #686

“Come, thou fount of every blessing”

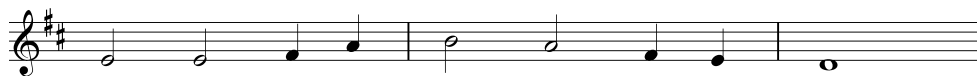
Blue Hymnal



1 Come, thou fount of ev - ery bless - ing, tune my
2 Here I find my great - est trea - sure; hith - er,
3 Oh, to grace how great a debt - or dai - ly



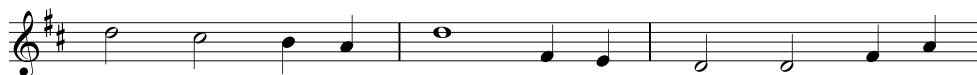
heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



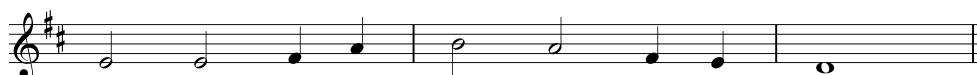
ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
from the fold of God; he, to res - cue me from
leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
dan - ger, in - ter - posed his pre - cious blood.
seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934).

Dismissal

Presider: Let us go forth in the name of Christ

People: **Thanks be to God.**

♪ Postlude

Original Improvisation

Paul Burkle

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Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Altar Guild:	Lisa Gonzalez
Eucharistic Minister:	Alan Kiste
Chalice:	Michael Lucas
Lectors:	Bob Pelfrey, John Horsley
Flowers:	Sharon Porter
Usher:	Brian Spolarich
Usher:	Jim Malone
Music:	Paul Burkle
Intercessor:	Jill Denton
Tellers:	Alice Welchert, Sandy Fisher
Online Host:	Connie Weldon
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	St. Ben's Kitchen

This Week at St. Ben's

Monday	July 13
8:30 a	Morning Prayer (Zoom)
Tuesday	July 14
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 15
8:30 a	Morning Prayer (Zoom)
Thursday	July 16
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	July 17
8:30 a	Morning Prayer (Zoom)
Saturday	July 18
9:00 a	Men's Breakfast Group @ Celas

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.



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