



St. Benedict's Episcopal Church

Tending Mind & Soul
in Los Osos, CA

July 19th, 2026

Eighth Sunday after Pentecost

~ **Prelude** ~

Original Improvisation

Paul Burkle

Welcome
Miller

The Rev. Barbara

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 #366 “Holy God we praise your name” (vs. 1-4 only) Blue Hymnal



1 Ho - ly God, we praise thy Name, Lord of all, we bow be - fore thee;
2 Hark, the loud ce - les - tial hymn an - gel choirs a - bove are rais - ing;
3 Lo, the a - po - sto - lic train join, thy sa - cred Name to hal - low;
4 Ho - ly Fa - ther, ho - ly Son, Ho - ly Spi - rit, Three we name thee,
*5 Christ, thou art our glo - rious King, Son of God en - throned in splen - dor;



1 all on earth thy scep - ter claim, all in heaven a - bove a - dore thee;
2 cher - u - bim and ser - a - phim, in un - ceas - ing cho - rus prais - ing;
3 pro - phets swell the loud re - frain, and the white-robed mar - tyrs fol - low;
4 while in es - sence on - ly One, un - di - vi - ded God we claim thee;
5 but de - liv - er - ance to bring thou all hon - ors didst sur - ren - der,



1 in - fi - nite thy vast do - main, ev - er - last - ing is thy reign.
2 fill the heavens with sweet ac - cord: ho - ly, ho - ly, ho - ly Lord!
3 and, from morn till set of sun, through the Church the song goes on.
4 then, a - dor - ing, bend the knee and con - fess the mys - ter - y.
5 and wast of a vir - gin born hum - bly on that bless - ed morn.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son 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 28:10-19a

Reader: A Reading from the book of Genesis

Jacob left Beer-sheba and went toward Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a ladder set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. And the LORD stood beside him and said, “I am the LORD, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring; and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you.” Then Jacob woke from his sleep and said, “Surely the LORD is in this place—and I did not know it!” And he was afraid, and said, “How awesome is this place! This is none other than the house of God, and this is the gate of heaven.”

So Jacob rose early in the morning, and he took the stone that he had put under his head and set it up for a pillar and poured oil on the top of it. He called that place Bethel.

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

People: Thanks be to God.

Psalm 139: 1-11, 22-23

we will say the Psalm responsively by half verse, the congregation saying the words in bold

- 1 Lord, you have searched me out and known me; *
***you know my sitting down and my rising up;
you discern my thoughts from afar.***
- 2 You trace my journeys and my resting-places *
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips, *
but you, O Lord, know it altogether.
- 4 You press upon me behind and before *
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.
- 6 Where can I go then from your Spirit? *
where can I flee from your presence?
- 7 If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning *
and dwell in the uttermost parts of the sea,
- 9 Even there your hand will lead me *
and your right hand hold me fast.
- 10 If I say, "Surely the darkness will cover me, *
and the light around me turn to night,"
- 11 Darkness is not dark to you;
the night is as bright as the day; *
darkness and light to you are both alike.
- 22 Search me out, O God, and know my heart; *
try me and know my restless thoughts.
- 23 Look well whether there be any wickedness in me *
and lead me in the way that is everlasting.

Romans 8:12-25

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

Brothers and sisters, we are debtors, not to the flesh, to live according to the flesh-- for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ-- if, in fact, we suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

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 #628 “Help us O Lord to learn” vs. 1-2 only

Blue Hymnal

1 Help us, O Lord, to learn the truths your word im - parts: to
 2 Help us, O Lord, to live the faith which we pro - claim, that
 3 Help us, O Lord, to teach the beau - ty of your ways, that

stu - dy, that your laws may be in - scribed up - on our hearts.
 all our thoughts and words and deeds may glo - ri - fy your Name.
 yearn - ing souls may find the Christ and live a life of praise.

Words: William Watkins Reid, Jr. (b. 1923), alt. Copyright © 1959 by the Hymn Society. (admin. Hope Publishing Company, Carol Stream, IL 60188.) All Rights Reserved. Used by permission. Music: *St. Ethelwald*, William Henry Monk (1823-1889).

Matthew 13:24-30,36-43

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

People: Glory to You, Lord Christ.

Jesus put before the crowd another parable: “The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him,

‘Master, did you not sow good seed in your field? Where, then, did these weeds come from?’ He answered, ‘An enemy has done this.’ The slaves said to him, ‘Then do you want us to go and gather them?’

But he replied, ‘No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.’”

Then he left the crowds and went into the house. And his disciples approached him, saying, “Explain to us the parable of the weeds of the field.” He answered, “The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!”

Presider: The Gospel of Christ.

People Praise to You, Lord Christ.

Sermon

Alan Kiste

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

With all your church we pray for all who are longing and yearning for freedom.

Look, with mercy, on all who are struggling in life.

Strengthen all who are being persecuted for their faith.

Guide us as we seek to grow in our faith,
that we may be led by the Spirit.

Good and gracious God,
grant us a glimpse of your glory.

We pray for all who are caught up in corruption and deceptions.
Forgive us where we destroy and mar your world through greed.

We pray for areas where forests are being destroyed, the soil eroded, the water and air polluted.

Guide, by your Spirit, all who groan for a better world,
all who seek to restore and renew the earth.

Good and gracious God,
grant us a glimpse of your glory.

We come with our own inner longings and hopes,
that your glory may be revealed in our homes and in our lives,
that we may know what we are all children of God and treat each with
respect.

Good and gracious God,
grant us a glimpse of your glory.

Look, with mercy, on all who find life futile, all who are bored,
all whose work is unrewarding or dull,
all who feel they are wasting their lives,
all who are surrounded by decay and decadence and struggle to find
purpose and meaning.

We pray for all who are struggling through sickness or disability,
all who need care,
all who are weary from caring for others.

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]

Good and gracious God,
grant us a glimpse of your glory.

We rejoice that we have been called out of death into life.
We pray for our loved ones now departed, and for a vision of your glorious
kingdom.

Good and gracious God,
grant us a glimpse of your glory

Presider: O God, be a tower of strength to all who trust in you; and because through the weakness of our mortal nature we can do no good without you, empower us to work for your freedom and peace; 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

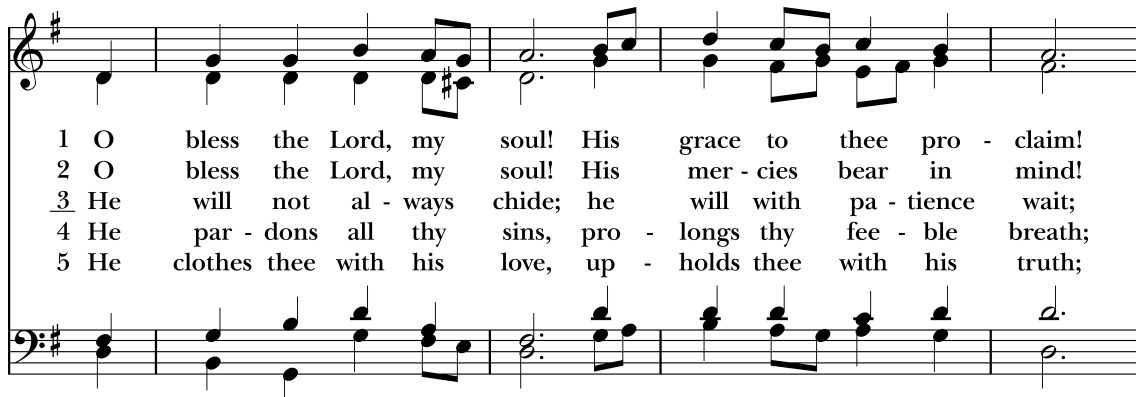
Those wanting a special prayer for a birthday, anniversary, or for travel, may come forward. Prayers can be found on the card in your pew.

The Offertory

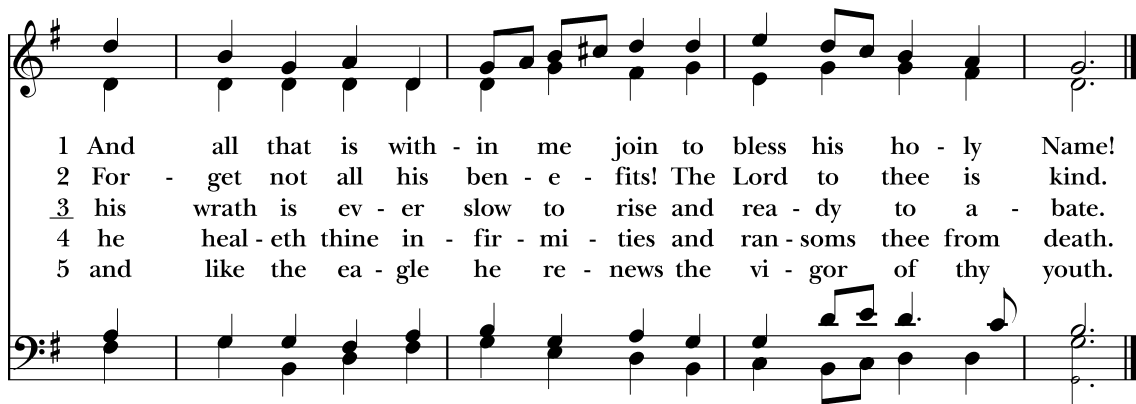
You are invited to make a thank offering. If you cannot contribute financially today please give thanks for God's blessing as the plate is passed. You can also contribute by scanning the QR Code or at our website www.stbenslososos.org



♪ Hymn #411 “O bless the Lord my soul” vs. 1 and 2; 5 and 6 only Blue Hymnal



1 O bless the Lord, my soul! His grace to thee pro - claim!
 2 O bless the Lord, my soul! His mer - cies bear in mind!
 3 He will not al - ways chide; he will with pa - tience wait;
 4 He par - dons all thy sins, pro - longs thy fee - ble breath;
 5 He clothes thee with his love, up - holds thee with his truth;



1 And all that is with - in me join to bless his ho - ly Name!
 2 For - get not all his ben - e - fits! The Lord to thee is kind.
 3 his wrath is ev - er slow to rise and rea - dy to a - bate.
 4 he heal - eth thine in - fir - mi - ties and ran - soms thee from death.
 5 and like the ea - gle he re - news the vi - gor of thy youth.

6 Then bless his holy Name,
 whose grace hath made thee whole,
 whose loving-kindness crowns thy days:
 O bless the Lord, my soul!

Words: James Montgomery (1771-1854); para. of Psalm 103. Music: *St. Thomas (Williams)*, melody Aaron Williams (1731-1776); harm. Lowell Mason (1792-1872).

♪ Doxology:

[Hymn tune #400]

*Praise God from Whom all blessings flow
Praise God all creatures here below, Alleluia, Alleluia
Praise God the Source of all our gifts
Praise Jesus Christ whose power uplifts
Praise the Spirit, Holy Spirit, Alleluia, Alleluia, Alleluia=*

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 lyrics are written below the notes.

Staff 1: Celebrant: The Lord be with you. People: And al - so with you.

Staff 2: Celebrant: Lift up your hearts. People: We lift them to the Lord.

Staff 3: Celebrant: Let us give thanks to the Lord our God.

Staff 4: 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:

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

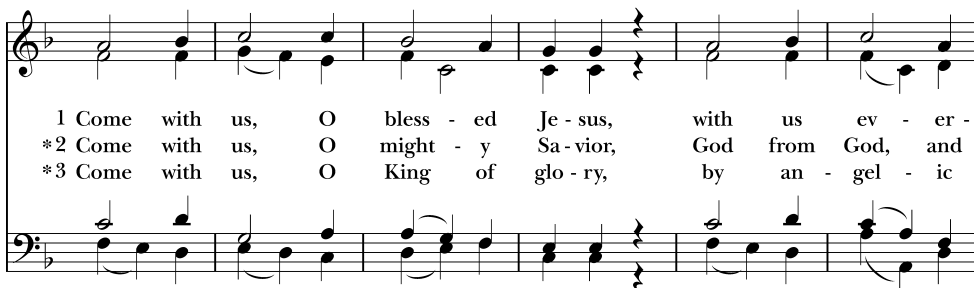
Original Improvisation

Paul Burkle

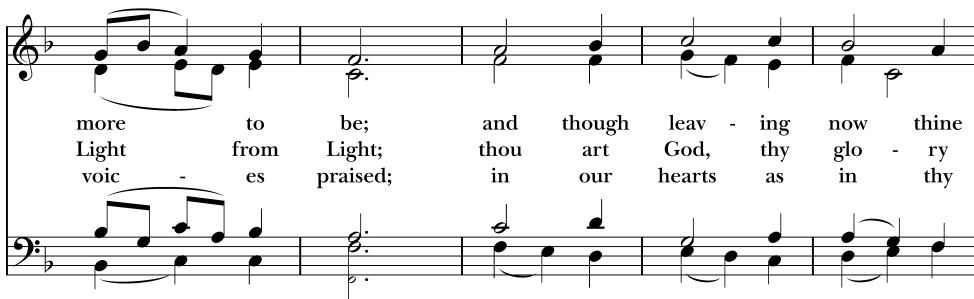
♩ Hymn #336

“Come with us O blessed Jesus”

Blue Hymnal



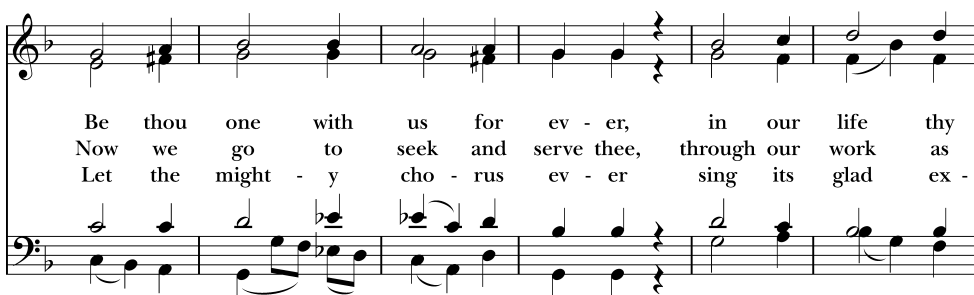
1 Come with us, O bless - ed Je - sus, with us ev - er -
 *2 Come with us, O might - y Sa - vior, God from God, and
 *3 Come with us, O King of glo - ry, by an - gel - ic



more to be; and though leav - ing now thine
 Light from Light; thou art God, thy glo - ry
 voic - es praised; in our hearts as in thy



al - tar, let us nev - er - more leave thee.
 veil - ing, so that we may bear the sight.
 hea - ven, be en - rap - tured an - thems raised.



Be thou one with us for ev - er, in our life thy
 Now we go to seek and serve thee, through our work as
 Let the might - y cho - rus ev - er sing its glad ex -

love di - vine our own flesh and blood has
 through our prayer; grant us light to see and
 ul - tant songs; let its hymn be heard for

tak - en, and to us thou giv - est thine.
 know thee, in thy peo - ple ev - ery - where.
 ev - er— peace for which cre - a - tion longs.

Words: John Henry Hopkins, Jr. (1861-1945) and Charles P. Price (1920-1999). Sts. 2-3, Copyright © 1982, Charles P. Price.
 Music: *Werde munter*, Johann Schop (d. 1665?); arr. and harm. Johann Sebastian Bach (1685-1750).

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

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 #542

“Christ is the world’s true Light”

Blue Hymnal

1 Christ is the world's true Light, its Cap-tain of sal - va - tion,
2 In Christ all rac - es meet, their an-cient feuds for - get - ting,
3 One Lord, in one great Name u - nite us all who own thee;

the Day - star clear and bright of ev - ery race and na - tion;
the whole round world com - plete, from sun-rise to its set - ting:
cast out our pride and shame that hin - der to en - throne thee;

new life, new hope a - wakes, for all who own his sway:
when Christ is throned as Lord all shall for - sake their fear,
the world has wait - ed long, has tra - vailed long in pain;

free - dom her bond - age breaks, and night is turned to day.
to plough-share beat the sword, to prun - ing - hook the spear.
to heal its an - cient wrong, come, Prince of Peace, and reign.

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. Barbara Miller
Preacher:	Alan Kiste
Altar Guild:	Lisa Gonzalez
Eucharistic Minister:	Maureen Titus
Chalice:	Jane Wu
Lectors:	Sandy Fisher, Brian Spolarich
Flowers:	Sarah Chesebro
Usher:	Michael Lucas
Usher:	Helen Schnieders
Music:	Paul Burkle
Intercessor:	Louisa Beeler
Tellers:	Steve Cake, Bryson McKelvey
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	St. Ben's Hospitality

This Week at St. Ben's

Monday	July 20
8:30 a	Morning Prayer (Zoom)
Tuesday	July 21
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 22
8:30 a	Morning Prayer (Zoom)
Thursday	July 23
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study in-person
Friday	July 24
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.



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