



St. Benedict's Episcopal Church

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

August 2nd, 2026
Tenth Sunday after Pentecost

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

The Rev. Linzi Stahlecker

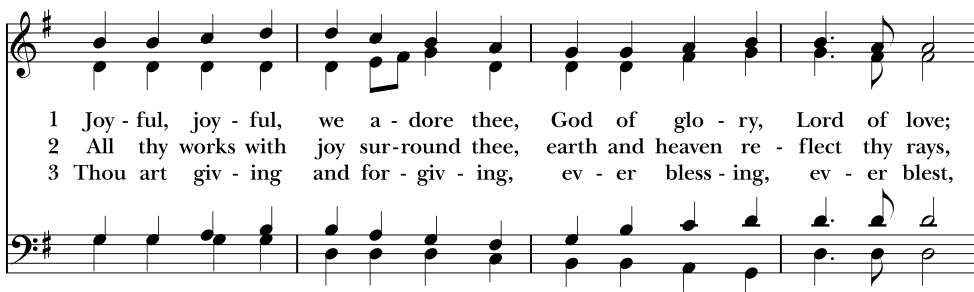
Presider: Blessed be the one, holy, and living God.

People: *Glory to God for ever and ever.*

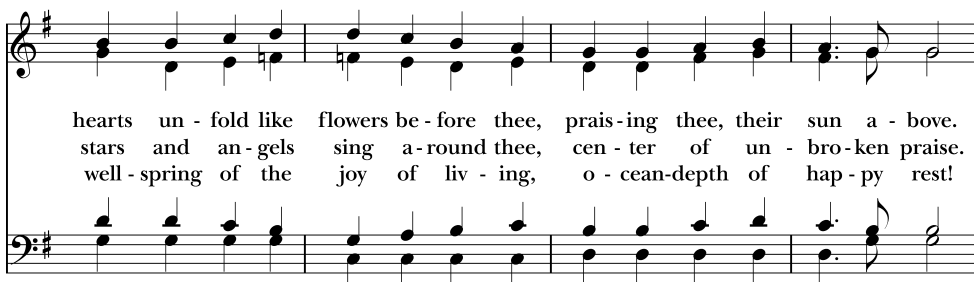
♫ Hymn #376

“Joyful, joyful”

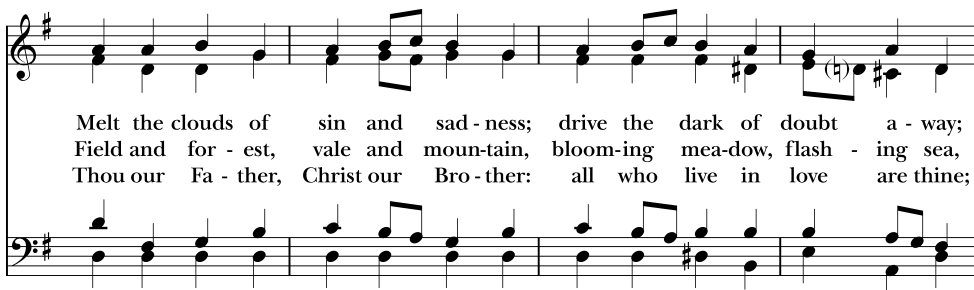
Blue Hymnal



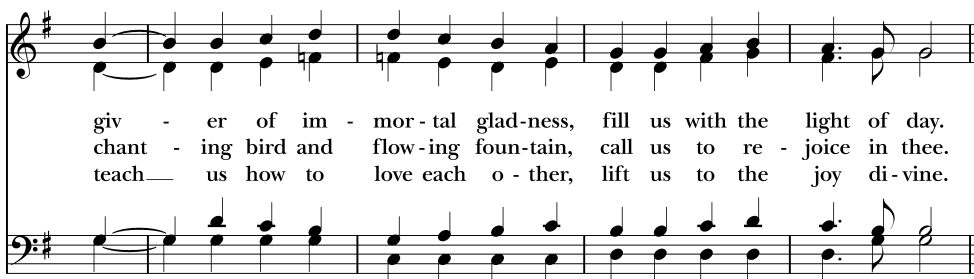
1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
 2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
 3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,



hearts un - fold like flowers be - fore thee, prais-ing thee, their sun a - bove.
 stars and an - gels sing a-round thee, cen - ter of un - bro-ken praise.
 well - spring of the joy of liv - ing, o - cean-depth of hap - py rest!



Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;
 Field and for - est, vale and moun-tain, bloom-ing mea-dow, flash - ing sea,
 Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;



giv - er of im - mor - tal glad-ness, fill us with the light of day.
 chant - ing bird and flow-ing foun-tain, call us to re - joice in thee.
 teach— us how to love each o - ther, lift us to the joy di-vine.

Words: Henry Van Dyke (1852-1933). Music: *Hymn to Joy*, Ludwig van Beethoven (1770-1827); adapt. Edward Hodges (1796-1867), alt.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; 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 32:22-31

Reader: *A Reading from the book of Genesis*

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

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

People: *Thanks be to God.*

Psalm 17:1-7,16

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



- 1 Hear my plea of innocence, O Lord;
give heed to my **cry**; *
listen to my prayer, which does not come from lying **lips**.
- 2 Let my vindication come forth from your **presence**; *
let your eyes be fixed on **justice**.
- 3 Weigh my heart, summon me by **night**, *
melt me down; you will find no impurity in **me**.
- 4 I give no offense with my mouth as **others do**; *
I have heeded the words of your **lips**.
- 5 My footsteps hold fast to the ways of your **law**; *
in your paths my feet shall not **stumble**.
- 6 I call upon you, O God, for you will **answer me**; *
incline your ear to me and hear my **words**.
- 7 Show me your marvelous loving-**kindness**, *
O Savior of those who take refuge at your right hand
from those who rise up a-**gainst them**.
- 16 But at my vindication I shall see your **face**; *
when I awake, I shall be satisfied, beholding
your **likeness**.

Romans 9:1-5

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

I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh.

They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

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 #536

“Open your ears” vs. 1 & 2 only

Blue Hymnal



1 O - pen your ears, O faith - ful peo - ple,
 2 They who have ears to hear the mes - sage,
 3 Is - ra - el comes to greet the Sa - vior,
 4 O - pen your ears, O faith - ful peo - ple,



o - pen your ears and hear God's word. O - pen your hearts, O
 they who have ears, then let them hear. They who would learn the
 Ju - dah is glad to see his day. From east and west the
 o - pen your ears and hear God's word. O - pen your hearts, O



roy - al priest - hood, God has come to you.
 way of wis - dom, let them hear God's word.
 peo - ples trav - el, he will show the way.
 roy - al priest - hood, God has come to you.



God has spo - ken to his peo - ple, Hal - le - lu - jah!



And his words are words of wis - dom, Hal - le - lu -



jah! Hal - le - lu - jah! God has spo - ken to his peo - ple,
 To - rah o - ra, To - rah o - ra,



Hal - le - lu - jah! And his words are
 To - rah o - ra,



words of wis - dom, Hal - le - lu - jah!
 To - rah o - ra, Hal - le - lu - jah!

Matthew 14:13-21

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

People: ***Glory to You, Lord Christ.***

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Presider: *The Gospel of Christ.*

People ***Praise to You, Lord Christ.***

Sermon

Sandy Fisher

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

Loving God, we pray that your church may hunger and thirst after righteousness.

May your church seek to care for and feed the hungry in spirit.

May your church seek out those who feel lost, and offer them the sustenance of the gospel.

We pray for Bible study groups, and outreach groups.

You are the bread of life.

Feed us now and evermore.

We remember before you the countless people who are starving in our world today,

for all those whose lives are oppressed by poverty or war, for all whose lives are diminished through malnutrition, famine, and neglect.

Let the harvests of our world be neither hoarded nor squandered.

We pray for all whose lives are fragmented, for all who feel broken.

You are the one who can satisfy the needs of us all.

You are the bread of life.

Feed us now and evermore.

We give thanks for those who have fed us and cared for us.

We remember all who have shown compassion and tenderness.

O God, bless our loved ones, and our communities.
Fill our deep longing for you with your presence and your peace.

You are the bread of life.
Feed us now and evermore.

We pray for all who feel drained and empty, all who have no energy or strength.
Loving God, have compassion upon the weak, the weary, the harassed, and the helpless.
We come to you for renewal, refreshment, and hope.

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]

You are the bread of life.
Feed us now and evermore.

We give you thanks for those who no longer hunger or thirst for they are now refreshed in your kingdom.
May we look forward to the day when we share with them in the glory which is everlasting.

You are the bread of life.
Feed us now and evermore.

Presider: Holy One, you are the bread of heaven, giving life to the world. You fill our emptiness with your goodness.
You come to our weakness with your strength.
Come, refresh, renew, restore us,
Jesus Christ our Savior, who with the Father and the Holy Spirit lives in glory everlasting.
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 #488

“Be thou my vision”

Blue Hymnal

1 Be thou my vi - sion, O Lord of my heart;
 2 Be thou my wis - dom, and thou my true word;
 3 High King of hea - ven, when vic - tory is won,

all else be nought to me, save that thou art—
 I ev - er with thee and thou with me, Lord;
 may I reach hea - ven's joys, bright hea - ven's Sun!

thou my best thought, — by day or by night,
 thou my great Fa - ther; thine own may I be;
 Heart of my heart, — what - ev - er be - fall,

wak - ing or sleep - ing, thy pres - ence my light.
 thou in me dwell - ing, and I one with thee.
 still be my vis - ion, O Ru - ler of all.

Words: Irish, ca. 700; versified Mary Elizabeth Byrne (1880-1931); tr. Eleanor H. Hull (1860-1935), alt. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. David Evans (1874-1948). By permission of Oxford University Press.

♪ 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, with some words under multiple notes. The first staff is for the Celebrant and the second for the People. The third staff is for the Celebrant and the fourth 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.

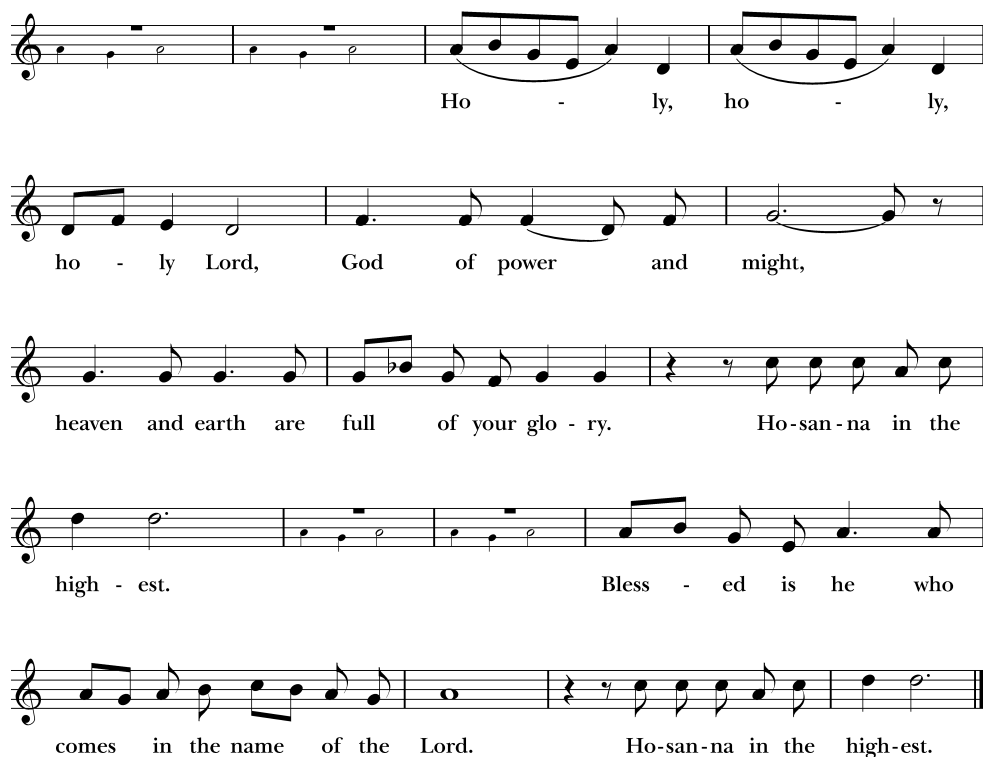
Presider:

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.

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.

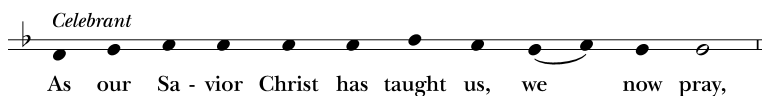
The Presider continues:

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**

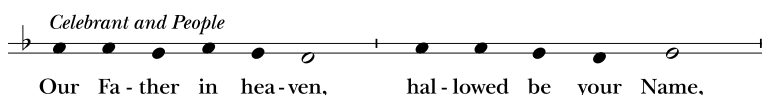
♪ The Lord's Prayer

Celebrant

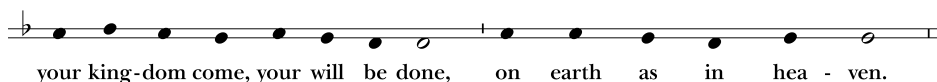


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



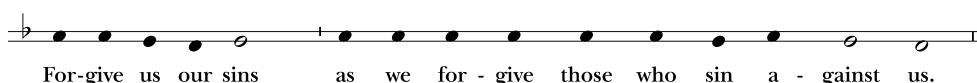
Our Fa - ther in hea - ven, hal - lowed be your Name,



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



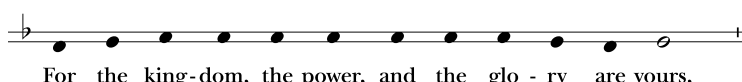
Give us to - day our dai - ly bread.



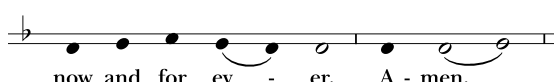
For - give us our sins as we for - give those who sin a - gainst us.



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 #334

“Praise the Lord rise up rejoicing”

Blue Hymnal

1 Praise the Lord, rise up re - joic - ing, wor - ship, thanks, de -
 2 Scat - tered flock, one shep - herd shar - ing, lost and lone - ly,
 3 Sins for - giv - en, wrongs for - giv - ing, we go forth a -

vo - tion voic - ing; glo - ry be to God on high!
 one voice hear - ing, ears at - ten - tive to your word;
 lert and liv - ing in your Spi - rit, strong and free.

Christ, your cross and pas - sion shar - ing, by this Eu - cha -
 by your Blood new life re - ceiv - ing, in your Bo - dy,
 Part - ners in your new cre - a - tion, seek - ing peace in

rist de - clar - ing yours the fi - nal vic - to - ry.
 firm be - liev - ing, we are yours, and you the Lord.
 ev - ery na - tion, may we faith - ful fol - lowers be.

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 forever in the risen life of Christ our Savior.
Amen.*

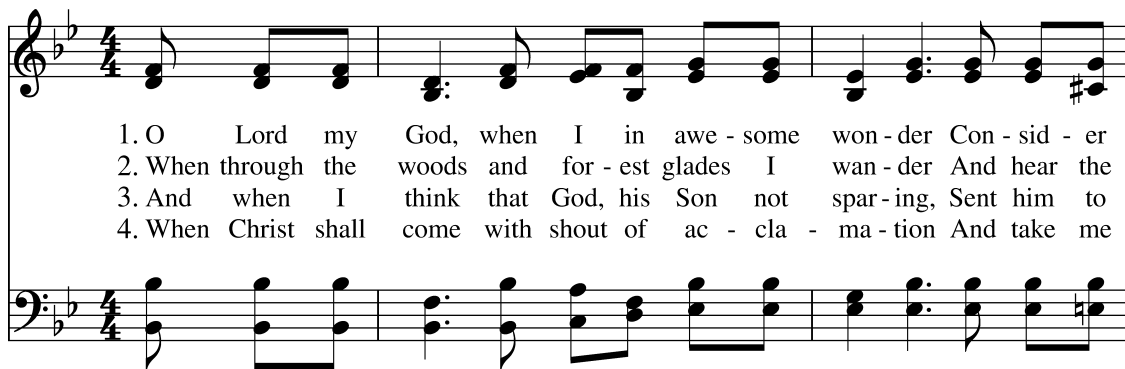
Blessing

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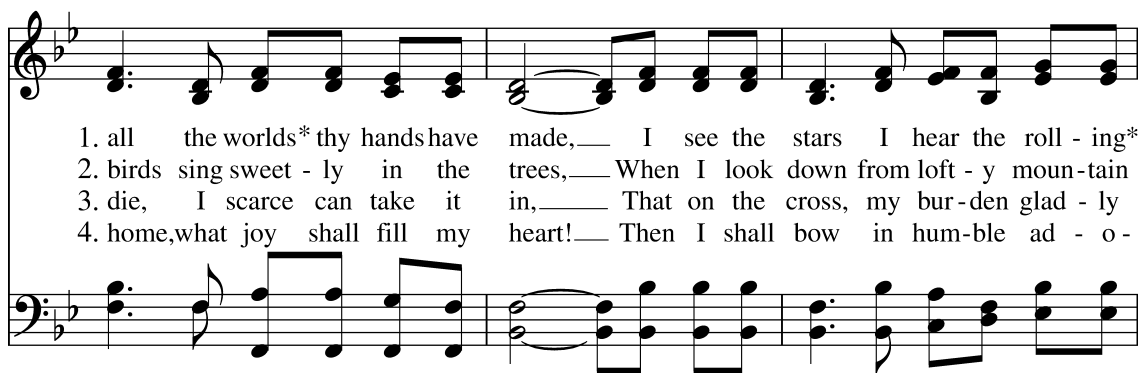
♫ Hymn #60

“How Great Thou Art”

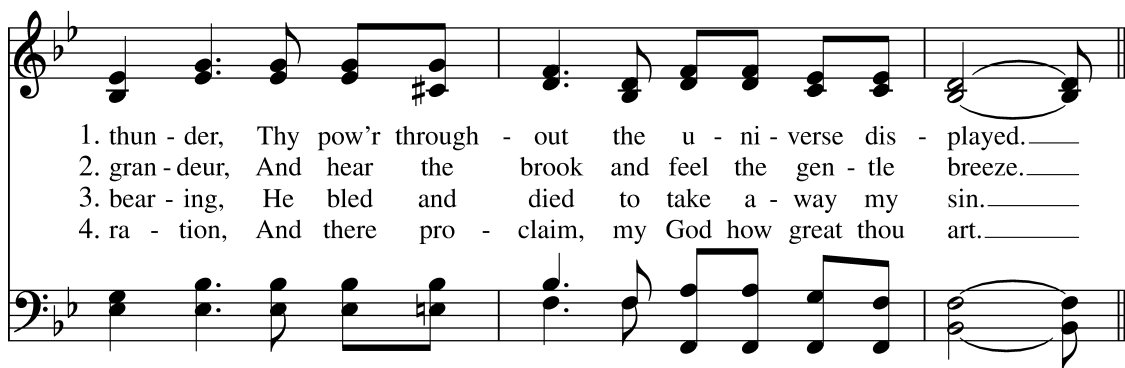
LEVAS



1. O Lord my God, when I in awe - some won - der Con - sid - er
 2. When through the woods and for - est glades I wan - der And hear the
 3. And when I think that God, his Son not spar - ing, Sent him to
 4. When Christ shall come with shout of ac - cla - ma - tion And take me



1. all the worlds* thy hands have made, — I see the stars I hear the roll - ing*
 2. birds sing sweet - ly in the trees, — When I look down from loft - y moun - tain
 3. die, I scarce can take it in, — That on the cross, my bur - den glad - ly
 4. home, what joy shall fill my heart! — Then I shall bow in hum - ble ad - o -



1. thun - der, Thy pow'r through - out the u - ni - verse dis - played. —
 2. gran - deur, And hear the brook and feel the gen - tle breeze. —
 3. bear - ing, He bled and died to take a - way my sin. —
 4. ra - tion, And there pro - claim, my God how great thou art. —

Then sings my soul, my Sav - ior, God, to Thee:___ How great Thou

** The translator's original words are "works" and "mighty."*

art,___ how great Thou art!___ Then sings my soul, my Sav - ior, God, to

Thee:___ How great Thou art,___ how great Thou art!___

Words: Stuart K. Hine (1899-1989). Music: Traditional Swedish folk tune/adapt. Stuart K. Hine. Copyright © 1949 and 1953 The Stuart Hine Trust. All rights in the U.S.A. except print rights administered by EMI CMG. U.S.A. print rights administered by Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

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:	Sandy Fisher
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Maureen Titus
Chalice:	Brian Spolarich
Lectors:	Jim Malone, Alan Kiste
Flowers:	Elaine Beckham
Usher:	Ron Thompson
Usher:	Connie Weldon
Music:	Paul Burkle
Intercessor:	Lisa Gonzalez
Tellers:	Steve Cake, Alice Welchert
Online Host:	Elaine Beckham
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	POTLUCK

This Week at St. Ben's

Monday	Aug 3
8:30 a	Morning Prayer (Zoom)
Tuesday	Aug 4
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	Aug 5
8:30 a	Morning Prayer (Zoom)
Thursday	Aug 6
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	Aug 7
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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