



St. Benedict's Episcopal Church

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

August 9th, 2026

Eleventh 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 #9

“Not here for high and holy things” verses 4-6 only

Blue Hymnal



*1 Not here for high and ho - ly things we ren - der thanks to
 *2 the ro - yal robes of au - tumn moors, the gold - en gates of
 *3 of faith and hope and love un - dimmed, un - dy - ing still through
 4 A - wake, a - wake to love and work! The lark is in the
 5 Come, let thy voice be one with theirs, shout with their shout of
 6 to give and give, and give a - gain, what God hath giv - en



1 thee, but for the com - mon things of earth, the
 2 spring, the vel - vet of soft sum - mer nights, the
 3 death, the re - sur - rec - tion of the world, what
 4 sky, the fields are wet with dia - mond dew, the
 5 praise; see how the gi - ant sun soars up, great
 6 thee; to spend thy - self nor count the cost; to



1 pur - ple pa - gean - try of dawn - ing and of
 2 sil - ver glis - te - ring of all the mil - lion
 3 time there comes the breath of dawn that rus - tles
 4 worlds a - wake to cry their bles - sings on the
 5 lord of years and days! So let the love of
 6 serve right glo - rious - ly the God who gave all



1 dy - ing days, the splen - dor of the sea,
 2 mil - lion stars, the si - lent song they sing,
 3 through the trees, and that clear voice that saith:
 4 Lord of life, as he goes meek - ly by.
 5 Je - sus come and set thy soul a - blaze,
 6 worlds that are, and all that are to be.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 37:1-4, 12-28

Reader: A Reading from the book of Genesis

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and with the flock; and bring word back to me." So he sent him from the valley of Hebron.

He came to Shechem, and a man found him wandering in the fields; the man asked him, “What are you seeking?” “I am seeking my brothers,” he said; “tell me, please, where they are pasturing the flock.” The man said, “They have gone away, for I heard them say, ‘Let us go to Dothan.’” So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him.

They said to one another, “Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.” But when Reuben heard it, he delivered him out of their hands, saying, “Let us not take his life.” Reuben said to them, “Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him” —that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it.

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, “What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.” And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

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

People: Thanks be to God.

Psalm 105, 1-6, 16-22, 45b

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



Romans 10:5-15

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

Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say?

“The word is near you,
on your lips and in your heart”

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

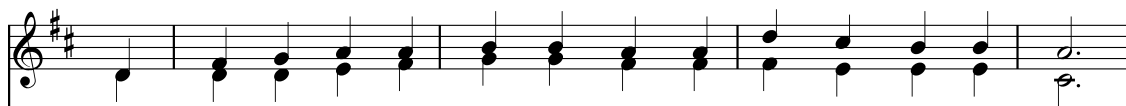
But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

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 #489 “The great Creator of the worlds” verses 1 and 2 only Blue Hymnal



1 The great Cre - a - tor of the worlds, the sov - ereign God of heaven,
 2 He sent no an - gel of his host to bear this might - y word,
 3 He sent him not in wrath and power, but grace and peace to bring;
 4 He sent him down as send - ing God; in flesh to us he came;
 5 He came as Sa - vior to his own, the way of love he trod;



1 his ho - ly and im - mor - tal truth to all on earth hath given.
 2 but him through whom the worlds were made, the ev - er - last - ing Lord.
 3 in kind - ness, as a king might send his son, him - self a king.
 4 as one with us he dwelt with us, and bore a hu - man name.
 5 he came to win us by good will, for force is not of God.

Matthew 14:22-33

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

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

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them.

And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

Peter answered him, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!” Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, “Truly you are the Son of God.”

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

Holy One,
when we are in danger of being overwhelmed, increase our faith.
When troubles beset us, let us hear you say, 'Take heart, it is I: do not be afraid.'
Give to your church a new vision of yourself and of your saving power.
Go with us as we go out to proclaim your love.

We pray for all places where the church is struggling or being overwhelmed,
we pray for all evangelists and apostles, bishops, priests, and deacons who are overworked or in danger.
We pray for all who reach out in faith towards you.

Show us your mercy, O God,
and grant us your salvation.

We pray for areas of the world where there have been floods or other natural disasters,
we pray for all who are swamped by the pressures of poverty and hunger.
We pray for all who are battered by wave after wave of oppression or violence, and for those who have no freedom.
We pray for all who are sinking beneath a load of care and anxiety.

Show us your mercy, O God,
and grant us your salvation.

We give thanks for all who have supported us in times of trouble or distress.
We pray for all who are down, all who are fearful, weary, or despairing.

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]

Show us your mercy, O God,
and grant us your salvation.

We give thanks for those who are beyond the storms of this world and have come to the haven of your rest.

Though our faith is weak, we reach out to you, for you are mighty.

Grant that we may come to be with you saints in life eternal.

Show us your mercy, O God,
and grant us your salvation.

Presider: Holy God, in the storms of life, bid us come to you,
that we, who are aware of our weakness, may be made strong;
through the power of Jesus Christ our Savior. *Amen.*

Confession of Sin

Presider: *Let us confess our sins to God.*

*All: God of all mercy,
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.*

Absolution

Presider: Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

The Peace

Presider: The peace of Christ be always with you.

People: *And also with you.*

The congregation may greet one another in the name of Christ.

Announcements

Birthday & Anniversary Prayers

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

The Offertory

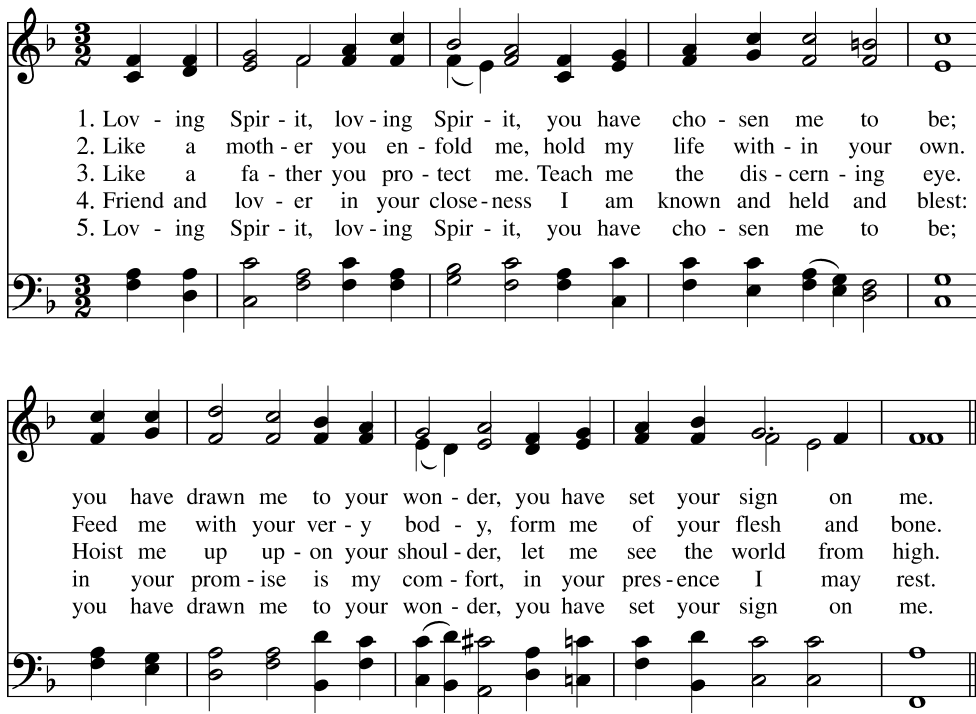
You are invited to make a thank offering. If you cannot contribute financially today please give thanks for God's blessing as the plate is passed. You can also contribute by scanning the QR Code or at our website www.stbenslososos.org



♫ Hymn #742

“Loving Spirit”

WLP



1. Lov - ing Spir - it, lov - ing Spir - it, you have cho - sen me to be;
 2. Like a moth - er you en - fold me, hold my life with - in your own.
 3. Like a fa - ther you pro - tect me. Teach me the dis - cern - ing eye.
 4. Friend and lov - er in your close - ness I am known and held and blest:
 5. Lov - ing Spir - it, lov - ing Spir - it, you have cho - sen me to be;

you have drawn me to your won - der, you have set your sign on me.
 Feed me with your ver - y bod - y, form me of your flesh and bone.
 Hoist me up up - on your shoul - der, let me see the world from high.
 in your prom - ise is my com - fort, in your pres - ence I may rest.
 you have drawn me to your won - der, you have set your sign on me.

Words: Shirley Erena Murray (b. 1931). Music: *Omni die*, melody from *Gross Catolische Gesangbuch*, 1631; harm. William Smith Rockstro (1823-1895).

♫ 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 People. The second staff is for the Celebrant and the People. The third staff is for the Celebrant. The fourth staff is for the People.

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

Celebrant *People*
Lift up your hearts. 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.

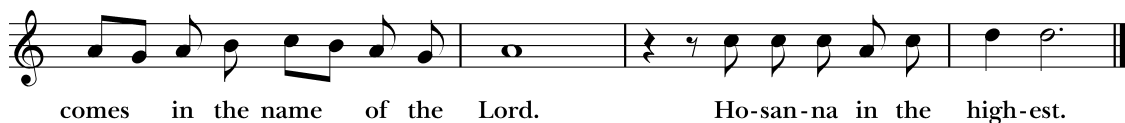
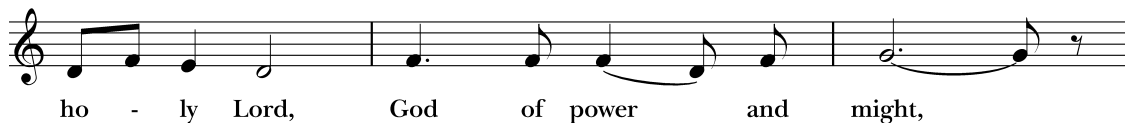
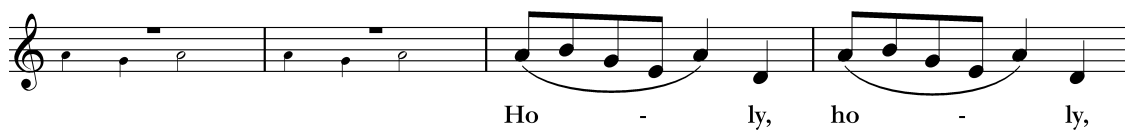
Presider:

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



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.

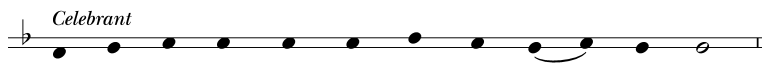
Grant that we who share these gifts
may be filled with the Holy Spirit
and live as Christ's Body in the world.

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**

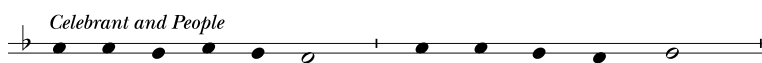
♪ The Lord's Prayer

Celebrant

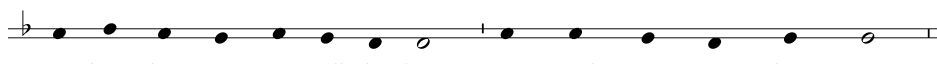


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



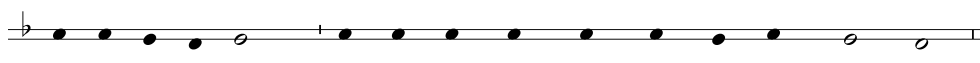
Our Fa - ther in hea - ven, hal - lowed be your Name,



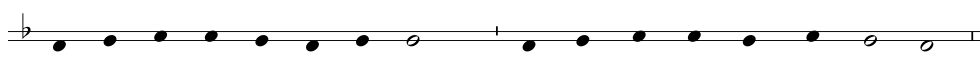
your king - dom come, your will be done, on earth as in hea - ven.



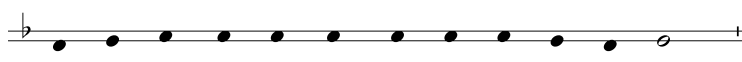
Give us to - day our dai - ly bread.



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

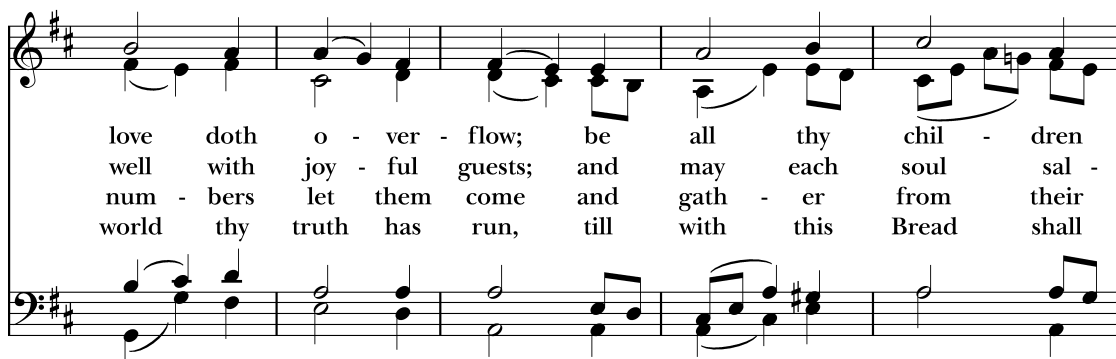
♩ Hymn #321

“My God, thy table now is spread”

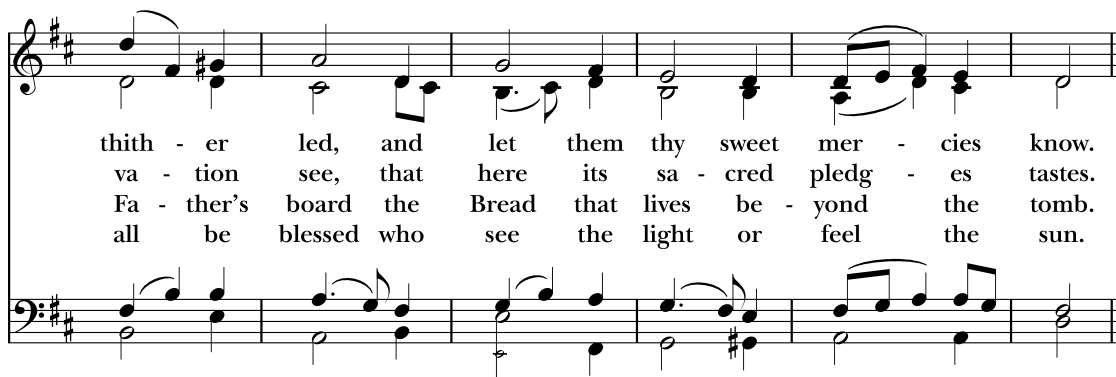
Blue Hymnal



1 My God, thy ta - ble now is spread, thy cup with
 2 O let thy ta - ble hon - ored be, and fur - nished
 3 Drawn by thy quick - ening grace, O Lord, in coun - tless
 4 Nor let thy spread - ing Gos - pel rest till through the



love doth o - ver - flow; be all thy chil - dren
 well with joy - ful guests; and may each soul sal -
 num - bers let them come and gath - er from their
 world thy truth has run, till with this Bread shall



thith - er led, and let them thy sweet mer - cies know.
 va - tion see, that here its sa - cred pledg - es tastes.
 Fa - ther's board the Bread that lives be - yond the tomb.
 all be blessed who see the light or feel the sun.

Words: Sts. 1-3, Philip Doddridge (1702-1751), alt.; st. 4, Isaac Watts (1674-1748), alt. Music: *Rockingham*, melody from *Second Supplement to Psalmody in Miniature*, ca. 1780; adapt. Edward Miller (1731-1807); harm. Samuel Webbe (1740-1816).

Silence

(please stand as you are able)

Prayer

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

Blessing

♫ Hymn

“We Are One in the Spirit”



1. We are one in the Spir - it, we are one in the Lord,
 2. We will walk with each oth - er, we will walk hand in hand,
 3. We will work with each oth - er, we will work side by side,
 4. All___ praise to the Fa - ther, from___ whom all things come,
 we are one in the Spir - it, we are one in the Lord,
 we will walk with each oth - er, we will walk hand in hand,
 we will work with each oth - er, we will work side by side,
 and all praise to Christ Je - sus, God's___ on - ly___ Son,
 and we pray that all u - ni - ty may one day be re - stored:
 and to - geth - er we'll spread the news that God is in our land:
 and we'll guard each one's dig - ni - ty and save___ each one's pride:
 and all praise to the Spir - it, who___ makes___ us___ one:
Refrain
 And they'll know we are Chris-tians by our love, by our love,
 yes, they'll know___ we are Chris-tians by our love._____

Dismissal

Presider: Go in peace to love and serve the Lord.

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:	Brian Spolarich
Chalice:	Jane Wu
Lectors:	Bryson McKelvey, Maureen Titus
Flowers:	Sarah Chesebro
Usher:	Michael Lucas
Usher:	Alan Kiste
Music:	Paul Burkle
Intercessor:	Helen Schnieders
Tellers:	Sandy Fisher, Karen Lewis
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Maureen Titus

This Week at St. Ben's

Monday	Aug 10
8:30 a	Morning Prayer (Zoom)
Tuesday	Aug 11
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 12
8:30 a	Morning Prayer (Zoom)
Thursday	Aug 13
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	Aug 14
8:30 a	Morning Prayer (Zoom)
Saturday	Aug 15
9:00 a	Men's Breakfast @ Celia's

Land Acknowledgment

St. Benedict's acknowledges with gratitude the yak tityu tityu yak tilhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May the people of this parish always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Our Mission Statement

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and invites spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.

Our Inclusivity Statement

St. Benedict's strives to welcome all, regardless of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.



St. Benedict's Episcopal Church

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