



St. Benedict's Episcopal Church

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

August 16th, 2026

Twelfth 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.

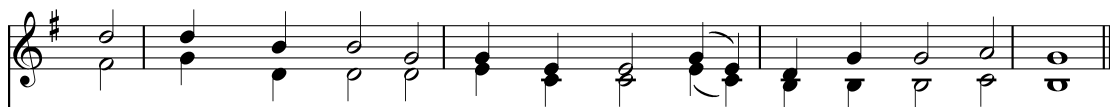
**Almighty God, to you all hearts are open, all desires known,
and from you no secrets are hid: Cleanse the thoughts of our hearts by
the inspiration of your Holy Spirit, that we may perfectly love you, and
worthily magnify your holy Name; through Christ our Lord. *Amen.***

♫ Hymn #493

“O for a thousand tongues to sing” verses 1-3 only Blue Hymnal



1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,
 2 My gra - cious Mas - ter and my God, as - sist me to pro - claim
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;
 4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,
 5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;



1 the glo - ries of my God and King, the tri - umphs of his grace!
 2 and spread through all the earth a - broad the hon - ors of thy Name.
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.
 4 the mourn - ful bro - ken hearts re - joice, the hum - ble poor be - lieve.
 5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son 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 45:1-15

Reader: A Reading from the book of Genesis

Joseph could no longer control himself before all those who stood by him, and he cried out, “Send everyone away from me.” So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, “I am Joseph. Is my father still alive?” But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, “Come closer to me.” And they came closer. He said, “I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, ‘Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children’s children, as well as your flocks, your herds, and all that you have. I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.’ And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honored in Egypt, and all that you have seen. Hurry and bring my father down here.” Then he fell upon his brother Benjamin’s neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

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

People: **Thanks be to God.**

Psalm 133

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



- 1 Oh, how good and pleasant it **is**, *
when brethren live together in **unity**!
- 2 It is like fine oil upon the **head** *
that runs down upon the **beard**,
- 3 Upon the beard of **Aaron**, *
and runs down upon the collar of his **robe**.
- 4 It is like the dew of **Hermon** *
that falls upon the hills of **Zion**.

repeat the second half of the chant for the last verse of the Psalm

- 5 For there the Lord has ordained the **blessing**: *
life for ever-**more**.

Romans 11:1-2a, 29-32

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

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew.

For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

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 #654

“Day by day”

Blue Hymnal

Day by day, dear Lord, of thee three things I pray:
to see thee more clear - ly, love thee more dear - ly,
fol - low thee more near - ly, day by day.

Matthew 15: 10-28

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

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

Jesus called the crowd to him and said to them, “Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.” Then the disciples approached and said to him, “Do you know that the Pharisees took offense when they heard what you said?” He answered, “Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.” But Peter said to him, “Explain this parable to us.” Then he said, “Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.”

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before him, saying, “Lord, help me.” He answered, “It is not fair to take the children’s food and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.

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

Bless, O God, your church with the grace to proclaim your saving power.
Forgive us our sins and divisions,
lead us to a new unity and harmony.

We pray for all who lead others to you through writing, art, or music.

We pray for the hard-hearted and the insensitive.

God, help us.

O God, have mercy upon us.

Forgive, O God, the sins that divide us.

We pray that artificial barriers between peoples or nations may come down.

We pray for all minority groups who suffer judgement and persecution, and for all who are peripheralized, silenced, cast out, or ignored.

God, help us.

O God, have mercy upon us.

We give you thanks for those who in love brought us to you,

for those who shared their faith and their love with us.

We pray for the places where we live and work and serve, and for our loved ones.

We pray for the leaders of this country and the nations of the earth that their hearts might be receptive to your presence, and that they may work to bring peace and justice to the world.

We pray for all people and places where there is no faith, no hope, no love.

God, help us.

O God, have mercy upon us.

We remember all who have loved ones who are sick.

We pray for children who are distressed or in pain.

Give courage and hope to all caregivers who are anxious for the ones they love.

We pray for all who are suffering.

We pray for all who are diminished by the evil of this world, and who are struggling to survive in a hostile world.

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, help us.

O God, have mercy upon us.

We remember before you all who have died.

We pray that they may have a new freedom in your love.

God, help us.

O God, have mercy upon us.

Presider: Creator God, grant us pardon and peace,
cleanse us from all sin,
confirm and strengthen us in all goodness,
and keep us in peace and life eternal;
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

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 #707

“Take my life and let it be”

Blue Hymnal



1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;



take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.



Take my hands, and let them move at the im-pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.



take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

♪ 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 for the People. The third staff is for the Celebrant and the fourth for the People. The lyrics are: The Lord be with you. And al - so with you. Lift up your hearts. We lift them to the Lord. Let us give thanks to the Lord our God. It is right to give him thanks and praise.

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:

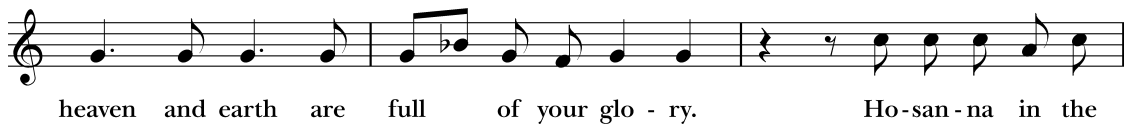
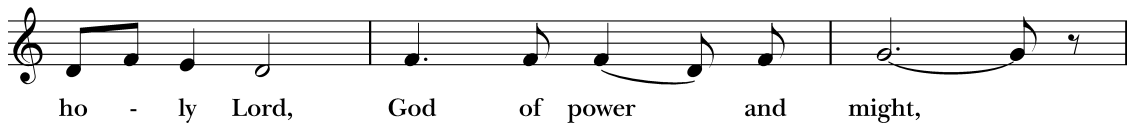
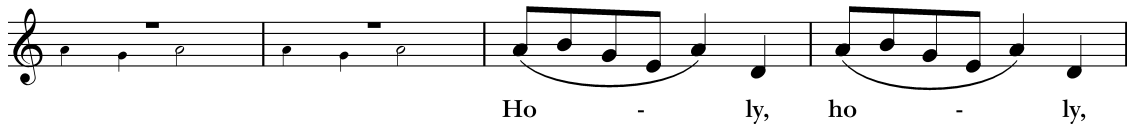
It is truly right, and good and joyful,
to give you thanks, all-holy God,
source of life and fountain of mercy.

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:

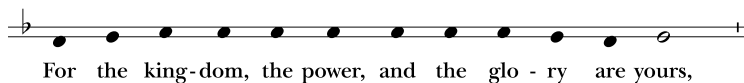
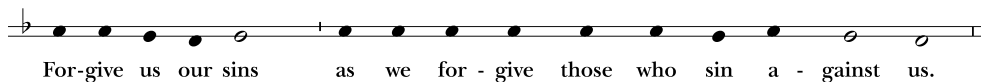
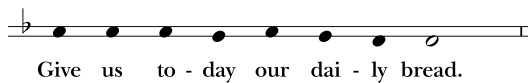
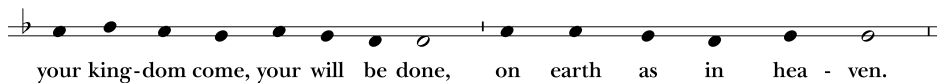
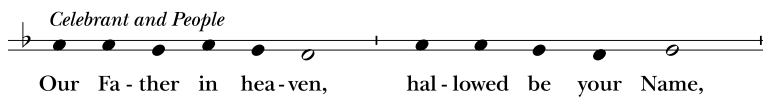
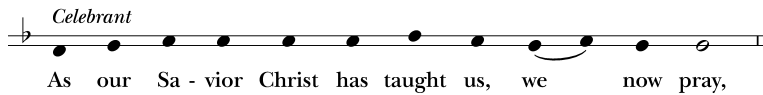
Presider and People: ***Christ has died.***
 Christ is risen.
 Christ will come again.

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



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

“Simple Gifts” - Words and Music: Joseph Brackett, Jr. (1797-1882)

Performed by: Joseph Morris & Paul Burkle

Hymn #307 **“Week by Week Our Souls are Fed”** Take Up the Song



1 Week by week our souls are fed when we meet to
 2 When we lis - ten to God's Word, in our hearts God's
 3 Though we come with bod - ies bruised, minds and hearts and
 4 In the Church we start a - new; Je - sus wel - comes



break the bread; and our hearts are lift - ed up
 voice is heard; as the Gos - pel's read once more,
 souls a - bused, we be - lieve, though suf - fering scorn,
 me and you, that to - geth - er we may pray,



as we take and drink the cup. Tell the Sto - ry,
 then our faith be - comes more sure.
 in - to Christ we are re - born.
 for God's guid - ance ev - ery day.



Je - sus said, drink the Cup and eat the Bread.

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



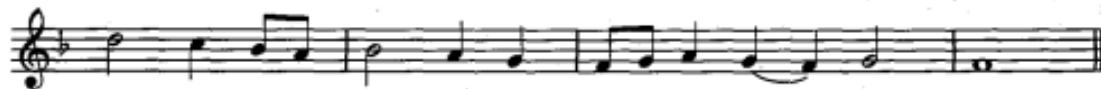
- 1 All my hope on God is found - ed; he doth still my
 2 Mor - tal pride and earth - ly glo - ry, sword and crown be -
 3 God's great good - ness e'er en - dur - eth, deep his wis - dom
 * 4 Dai - ly doth the al - might - y Giv - er boun - teous gifts on
 5 Still from earth to God e - ter - nal sac - ri - fice of



- 1 trust re - new, me through change and chance he
 2 tray our trust; though with care and toil we
 3 pass - ing thought: splen - dor, light, and life at -
 4 us be - stow; his de - sire our soul de -
 5 praise be done, high a - bove all prais - es



- 1 guid - eth, on - ly good and on - ly true. God un -
 2 build them, tower and tem - ple fall to dust. But God's
 3 tend him, beau - ty spring - eth out of nought. Ev - er -
 4 light - eth, plea - sure leads us where we go. Love doth
 5 prais - ing for the gift of Christ, his son. Christ doth



- 1 known, he a - lone calls my heart to be his own.
 2 power, hour by hour, is my tem - ple and my tower.
 3 more from his store new-born worlds rise and a - dore.
 4 stand at his hand; joy doth wait on his com - mand.
 5 call one and all: ye who fol - low shall not fall.

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:	Sarah Chesebro
Eucharistic Minister:	Michael Lucas
Acolyte:	Payton Chesebro
Chalice:	Alan Kiste
Lectors:	John Horsley, Ed Valentine
Flowers:	Sharon Porter
Usher:	Brian Spolarich
Usher:	Maureen Titus
Music:	Paul Burkle
Intercessor:	Christa Matthews
Tellers:	Sandy Fisher, Karen Lewis
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Alice Welchert

This Week at St. Ben's

Monday	Aug 17
8:30 a	Morning Prayer (Zoom)
Tuesday	Aug 18
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 19
8:30 a	Morning Prayer (Zoom)
3:00 p	Earthcare
Thursday	Aug 20
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
Friday	Aug 21
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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