



St. Benedict's Episcopal Church

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

August 23rd, 2026

Thirteenth Sunday after Pentecost

~ Prelude ~

Original Improvisation

Paul Burkle

Welcome

Sr. Greta Ronningen

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 #184

“Blessed Assurance”

LEVAS



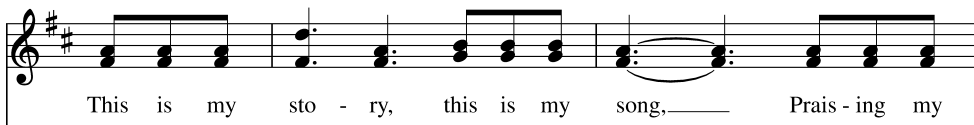
1. Bless - ed as - sur - ance, Je - sus is mine! _____ O what a
 2. Per - fect sub - mis - sion, per - fect de - light, _____ Vi - sions of
 3. Per - fect sub - mis - sion, all is at rest, _____ I in my



1. fore-taste of glo - ry di - vine! _____ Heir of sal - va - tion, pur - chase of
 2. rap - ture now burst on my sight; _____ An - gels de - scend - ing, bring from a -
 3. sav - ior am hap - py and blest; _____ Watch - ing and wait - ing, look - ing a -



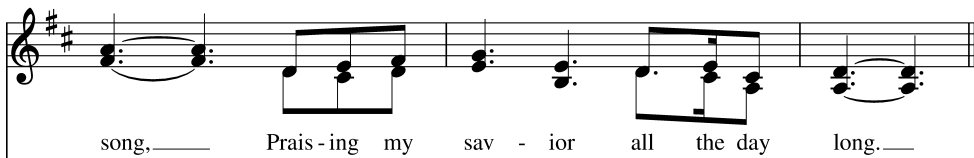
1. God, _____ Born of His spir - it, washed in His blood. _____
 2. bove _____ Ech - oes of mer - cy, whis - pers of love. _____
 3. bove, _____ Filled with His good - ness, lost in His love. _____



This is my sto - ry, this is my song, _____ Prais - ing my



sav - ior all the day long; _____ This is my sto - ry, this is my



song, _____ Prais - ing my sav - ior all the day long. _____

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; 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

Exodus 1:8-2:10

Reader: A Reading from the book of Exodus

Now a new king arose over Egypt, who did not know Joseph. He said to his people, “Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land.” Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, “When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live.” But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, “Why have you done this, and allowed the boys to live?”

The midwives said to Pharaoh, “Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them.” So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, “Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live.”

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months.

When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, “This must be one of the Hebrews’ children,” she said. Then his sister said to Pharaoh’s daughter, “Shall I go and get you a nurse from the Hebrew women to nurse the child for you?” Pharaoh’s daughter said to her, “Yes.” So the girl went and called the child’s mother. Pharaoh’s daughter said to her, “Take this child and nurse it for me, and I will give you your wages.” So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh’s daughter, and she took him as her son. She named him Moses, “because,” she said, “I drew him out of the water.”

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

People: Thanks be to God.

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



- # Romans 12:1-8

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

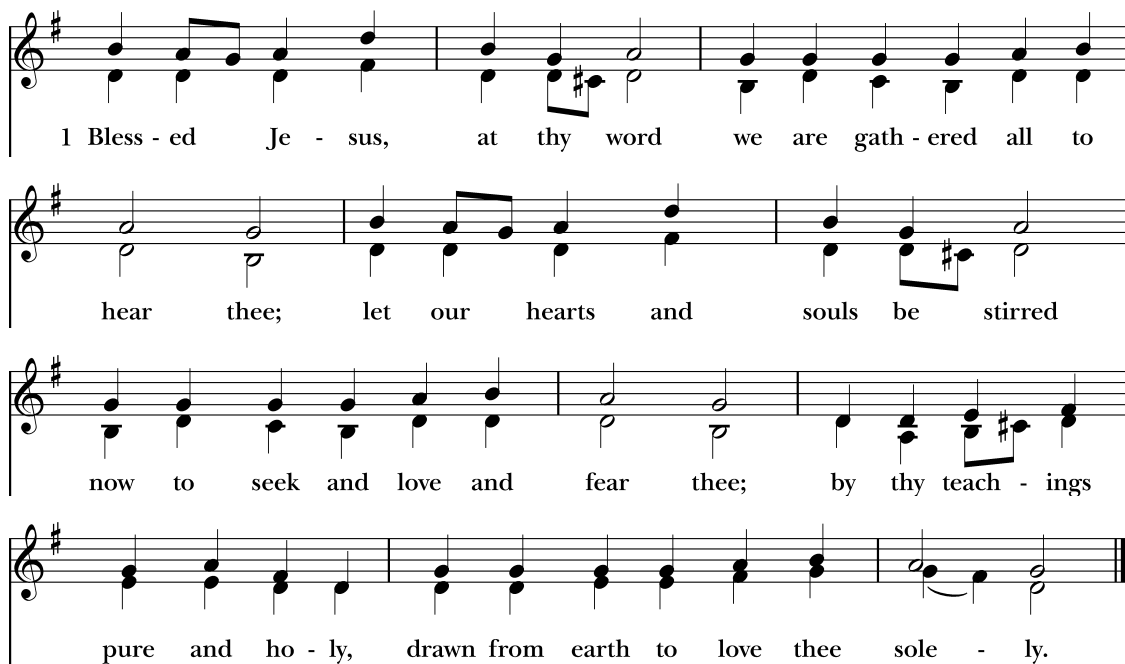
For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

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 #440 “Blessed Jesus, at thy word” (verse 1 only) Blue Hymnal



1 Bless - ed Je - sus, at thy word we are gath - ered all to
hear thee; let our hearts and souls be stirred
now to seek and love and fear thee; by thy teach - ings
pure and ho - ly, drawn from earth to love thee sole - ly.

Matthew 16:13-20

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

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

When Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

Presider: The Gospel of Christ.

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

Sermon

Br. Dennis Gibbs

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, we present ourselves, our souls and bodies, to you.
You give us life, you give us love, you give us yourself.
May we give our lives, our love, ourselves to you.

We pray for the unity of your church,
that we may work together for the good of all.
We give thanks for the gifts you have given us;
let us use them to your glory.

We pray especially for all who exercise the gifts of ministry, teaching, and healing.

Christ, Son of the living God,
hear us and help us.

We pray for all people, that their talents and abilities may be recognized and called into use.

Bless each in their vocation and work.

We pray for all those who govern and lead civic life in the nations of the world – give them all wise and discerning hearts that justice and peace may be known by all.

We remember those who have lost their jobs, whose jobs have been eliminated, we remember all who are struggling with unemployment or under-employment.

We pray for those whose work is dull, mechanical, and unfulfilling.

We remember all whose talents are wasted and thwarted.

Christ, Son of the living God,

hear us and help us.

Bless the places where we live, work, and serve with holiness and hospitality,

with cheerfulness and kindness,

with generosity and with goodness.

We pray for our loved ones, our friends, our neighbors,

we pray for the communities to which we belong.

Christ, Son of the living God,

hear us and help us.

We pray for all who suffer because of the cruelty of others,

for all who have had their confidence in themselves eroded or diminished.

We pray for all who, because of their own life's journey, find making relationships difficult.

We pray for the lonely, and for all those who have been rejected or betrayed.

We pray for all who are in trouble, need, sickness, or any other adversity.

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]

Christ, Son of the living God,
hear us and help us.

We give thanks for all who have been strengthened by their faith,
and for all who have died in faith.
Grant us, with them, a share in your heavenly kingdom.

Christ, Son of the living God,
hear us and help us.

Presider: Holy One, transform us by your love,
that we may know and do your will,
that we may live and work to your praise and glory,
through Christ, the King of glory,
who lives and reigns with you and the Holy Spirit,
one God, world without end. ***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 #649

“O Jesus, joy of loving hearts”

Blue Hymnal

♪ 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

On the 4th Sunday of the month, it has long been St. Benedict's custom to use the Eucharistic Prayer from the Iona Community [iona.uk.org]. The Iona Community is an international, ecumenical Christian movement, working for peace and justice, the rebuilding of community and the renewal of worship.

Presider:

The table of bread and wine is now made ready.

It is the table of company with Jesus, and all who love him.

It is the table of sharing with the poor of the world, with whom Jesus identified himself.

It is the table of communion with the earth, in which Christ became incarnate.

So come to this table, you who have much faith and you who would like to have more;

you who have been here often and you who have not been for a long time;

you who have tried to follow Jesus, and you who have failed; Come.

It is Christ who invites us to meet him here.

Presider: May Christ be with you,

All: And also with you.

Presider: Lift up your hearts,

All: We lift them up to God.

Presider: Let us give thanks to God,

All: It is right to give both thanks and praise.

Presider: We offer you praise, dear God, and hearts lifted high, for in the communion of your love Christ comes close to us and we come close to Christ. Therefore, with the whole realm of nature around us, with earth, sea and sky, we sing to you.

With the angels of light who envelop us, with the host of heaven, with all the saints before and beside us, with siblings east and west, north and south, we sing to you. And with our loved ones, separate from us now, who yet in this mystery are close to us, we join in the song of your unending greatness:

♩ 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.

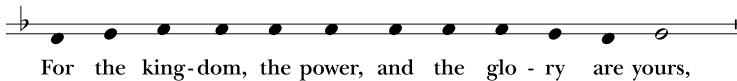
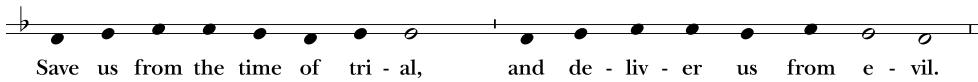
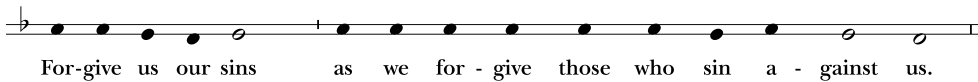
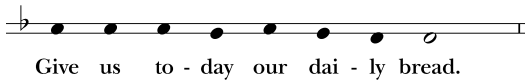
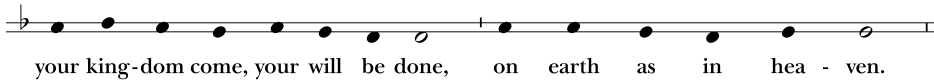
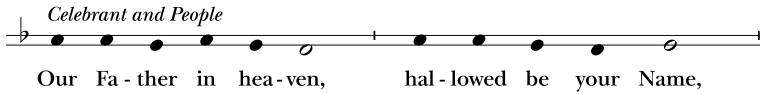
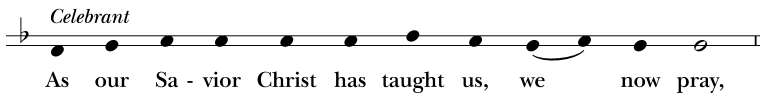
The Presider continues: Blessed is our brother Jesus, who walks with us the road of our world's suffering, and who is known to us in the breaking of bread. On the night of his arrest Jesus took bread and having blessed it he broke the bread and gave it to his disciples, saying, "This is my body, given to you." In the same way he took wine and having given thanks for it he poured it out and gave the cup to his disciples, saying, "This cup is the new relationship with God, sealed with my blood. Take this and share it. I shall drink wine with you next in the coming Kingdom of God."

*All: Loving God,
 through your goodness we have this bread and wine to offer,
 which earth has given and human hands have made.
 May we know your presence in the sharing of this bread,
 So that we may know your touch in all bread, all matter.
 We celebrate the life that Jesus has shared among his
 community through the centuries, and shares with us now.
 Made one in Christ and one with each other, we offer these gifts
 and with them ourselves, a single, holy, living sacrifice. Amen.*

Presider: Hear us, O Christ, and breathe your Spirit upon us and upon this bread and wine. May they become for us your body, vibrant with your life, healing, renewing and making us whole. And as the bread and wine which we now eat and drink are changed into us, may we be changed again into you, bone of your bone, flesh of your flesh, loving and caring in the world.

*All: Through Christ and with Christ and in Christ,
 all honor and glory are yours, All-Compassionate God,
 in the unity of the Holy Spirit, 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.

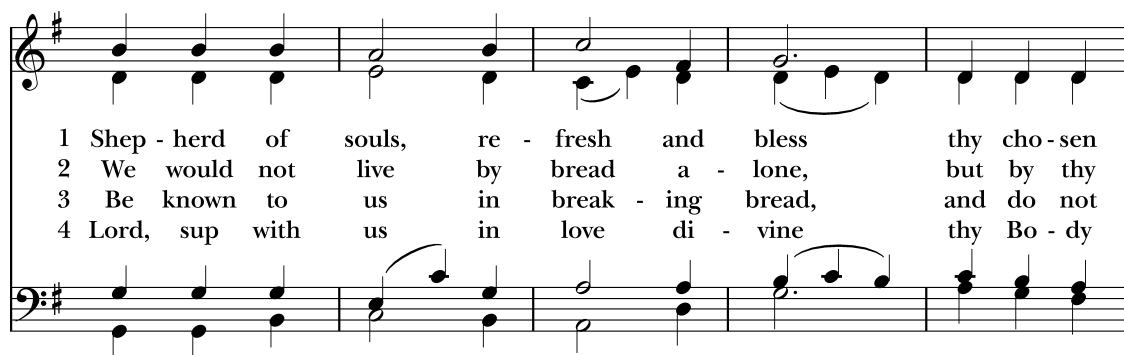
*If God is calling you, you are welcome to receive communion when the Presider invites
your section forward.*

♪ Communion Music

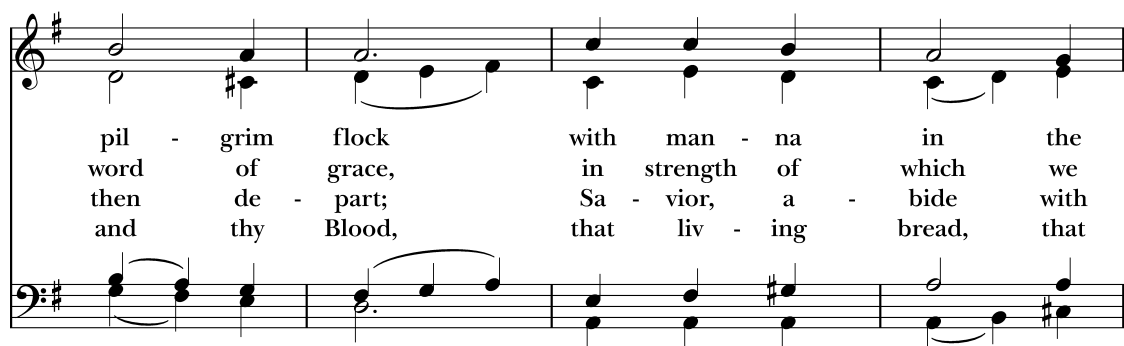
Original Improvisation

Paul Burkle

♩ Hymn #343 “Shepherd of souls, refresh and bless” (verses 1-3 only) Blue Hymnal



1 Shep - herd of souls, re - fresh and bless thy cho - sen
 2 We would not live by bread a - lone, but by thy
 3 Be known to us in break - ing bread, and do not
 4 Lord, sup with us in love di - vine thy Bo - dy



pil - grim flock with man - na in the
 word of grace, in strength of which we
 then de - part; Sa - vior, a - bid with
 and thy Blood, that liv - ing bread, that



wil - der - ness, with wa - ter from the rock.
 trav - el on to our a - bid - ing - place.
 us, and spread thy ta - ble in our heart.
 heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1845), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876). Copyright © 1985, G.I.A. Publications.

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 #381

“Thy strong word did cleave the darkness”

Blue Hymnal



1 Thy strong word did cleave the dark - ness; at thy speak - ing
 2 Lo, on those who dwelt in dark - ness, dark as night and
 3 Thy strong word be - speaks us right - eous; bright with thine own
 4 God the Fa - ther, Light - Cre - a - tor, to thee laud and



it was done; for cre - at - ed light we thank thee,
 deep as death, broke the light of thy sal - va - tion,
 ho - li - ness, glo - rious now, we press toward glo - ry,
 hon - or be; to thee, Light of Light be - got - ten,



while thine or - dered sea - sons run: Al - le - lu - ia, al - le -
 breathed thine own life - giv - ing breath: Al - le - lu - ia, al - le -
 and our lives our hopes con - fess: Al - le - lu - ia, al - le -
 praise be sung e - ter - nal - ly; Ho - ly Spi - rit, Light - Re -



lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 lu - ia! Praise to thee who light dost send! Al - le - lu - ia,
 veal - er, glo - ry, glo - ry be to thee; mor - tals, an - gels,



al - le - lu - ia! Al - le - lu - ia with - out end!
 al - le - lu - ia! Al - le - lu - ia with - out end!
 al - le - lu - ia! Al - le - lu - ia with - out end!
 now and ev - er praise the Ho - ly Tri - ni - ty.

The Alleluias in stanzas 1-3 may be sung antiphonally.

Words: Martin H. Franzmann (1907-1976). From *Worship Supplement*. Copyright © 1969, Concordia Publishing House. Used by permission. Music: *Ton-y Botel*, Thomas John Williams (1869-1944).

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:	Sr. Greta Ronningen
Preacher:	Br. Dennis Gibbs
Altar Guild:	Lisa Gonzalez
Eucharistic Minister:	Alan Kiste
Acolyte:	Payton Chesebro
Chalice:	Maureen Titus
Lectors:	Jane Wu, Roz Malone
Flowers:	Brian Spolarich
Usher:	Helen Schnieders
Usher:	Ed Valentine
Music:	Paul Burkle
Intercessor:	Sandy Fisher
Tellers:	Steve Cake, Bryson McKelvey
Online Host:	Connie Weldon
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Cynthia Mosley, Christine/Steve Featherstone

This Week at St. Ben's

Monday	Aug 24
8:30 a	Morning Prayer (Zoom)
Tuesday	Aug 25
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 26
8:30 a	Morning Prayer (Zoom)
11:00 a	Laundry Love
4:00 p	Laundry Love
Thursday	Aug 27
8:30 a	Morning Prayer (Zoom)
11:30a	Bible Study
6:00p	Choir Practice
Friday	Aug 28
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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