



St. Benedict's Episcopal Church

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

August 30th, 2026

Fourteenth 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 #372

“Praise to the living God!”

Blue Hymnal



1 Praise to the liv - ing God! All prais - ed be his Name
 2 Form - less, all love - ly forms de - clare his love - li - ness;
 3 His Spi - rit flow - eth free, high surg - ing where it will:
 4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.
 ho - ly, no ho - li - ness of earth can his ex - press.
 in pro - phet's word he spoke of old; he speak - eth still.
 his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:
 Lo, he is Lord of all. Cre - a - tion speaks his praise,
 Es - tab - lished is his law, and change - less it shall stand,
 Praise to the liv - ing God! All prais - ed be his Name

the first, the last, be - yond all thought his time - less years!
 and ev - ery - where a - bove, be - low, his will o - beys.
 deep writ up - on the hu - man heart, on sea, on land.
 who was, and is, and is to be, for av the same.

Collect of the Day

Presider: God be with you.

People: *And also with you.*

Presider: Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; 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 3:1-15

Reader: A Reading from the book of Exodus

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt."

But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you:

when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'"

God also said to Moses, “Thus you shall say to the Israelites,
‘The LORD, the God of your ancestors, the God of Abraham, the God
of Isaac, and the God of Jacob, has sent me to you’:

This is my name forever,
and this my title for all generations.

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

People: Thanks be to God.

Psalm 105:1-6, 23-26, 45c

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



- 1 Give thanks to the Lord and call upon his **Name**; *
make known his deeds among the **peoples**.
- 2 Sing to him, sing praises **to him**, *
and speak of all his marvelous **works**.
- 3 Glory in his holy **Name**; *
let the hearts of those who seek the Lord re-**joice**.
- 4 Search for the Lord and his **strength**; *
continually seek his **face**.
- 5 Remember the marvels he has **done**, *
his wonders and the judgments of his **mouth**,
- 6 O offspring of Abraham his **servant**, *
O children of Jacob his **chosen**.
- 23 Israel came into **Egypt**, *
and Jacob became a sojourner in the land of **Ham**.
- 24 The Lord made his people exceedingly **fruitful**; *
he made them stronger than their **enemies**;
- 25 Whose heart he turned, so that they hated his **people**, *
and dealt unjustly with his **servants**.
- 26 He sent Moses his **servant**, *
and Aaron whom he had chosen.
- 45 Halle-**lujah**!

Romans 12:9-21

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

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." No, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

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 #704 “O thou who camest from above” verses 1 and 2 only

Blue Hymnal

1 O thou who cam - est from a - bove the fire ce -
 2 There let it for thy glo - ry burn with ev - er -
 3 Je - sus, con - firm my heart's de - sire to work, and
 * 4 Still let me prove thy per - fect will, my acts of

les - tial to im - part, kin - dle a flame of
 bright, un - dy - ing blaze, and trem - bling to its
 speak, and think for thee; still let me guard the
 faith and love re - peat, till death thy end - less

sa - cred love up - on the al - tar of my heart.
 source re - turn in hum - ble prayer and fer - vent praise.
 ho - ly fire and still stir up the gift in me.
 mer - cies seal, and make the sac - ri - fice com - plete.

Words: Charles Wesley (1707-1788), alt. Music: *Hereford*, Samuel Sebastian Wesley (1810-1876).

Matthew 16:21-28

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

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

Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, “God forbid it, Lord! This must never happen to you.” But he turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things.”

Then Jesus told his disciples, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

“For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.”

Presider: The Gospel of Christ.

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

Sermon

Berkeley Johnson

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 God, we pray for unity and peace in your church.
Increase our fellowship with one another and our openness to others.
Give us the courage to proclaim the saving power of the cross.
May your church help to bring reconciliation and peace in your world.

Christ, in your glory,
grant us your peace.

We pray for peace in our hearts,
for peace in our communities,
for peace in this nation,
for peace in your world.

We pray for all those in positions of leadership in the nations of the world
who strive for justice and peace, who are working to bring an end to
violences of all kinds, and who are committed to ending all wars.

We give thanks for all peacemakers.
Christ, in your glory,
grant us your peace.

May the places where we live, work, worship, and serve be places of peace and love,
sanctuaries of holiness and hospitality, havens of harmony and unity.
May we learn and practice acceptance, and forgiveness.
Let us not be overcome by evil, but overcome evil with good.

Christ, in your glory,
grant us your peace.

We pray for all who are not at peace,
for people who are navigating strained or broken relationships.
We pray for the broken-hearted and the broken in spirit,
for all people and places where there is a breakdown of peace or wellbeing,
for all who are struggling with hatred or a need for revenge.

We remember before you all who are suffering as a result of the violence of others.

We pray for all those who are sick or suffering, in body, mind, or spirit.

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, in your glory,
grant us your peace.

We pray for all who have died;
and we pray that you will make us one with you and all the saints who are now at peace.

Christ, in your glory,
grant us your peace.

Presider: Holy God, as you love us, help us to love one another.
Give to your church a burning zeal and keep us ardent in our
spirits.

May we ever rejoice in the hope that you have set before us;
through Christ our living Savior. ***Amen.***

Healing Prayers, with laying on of hands and anointing with oil

*Those who wish to receive a prayer for healing, along with the laying on of
hands and anointing, are invited to join the priest at the altar.*

*The congregation is invited to enter into a time of silent prayer during the
anointing.*

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

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 #183

“Great Is Thy Faithfulness”

LEVAS



1. Great is thy faith - ful - ness, O God my Fa - ther,
 2. Sum - mer and win - ter, and spring - time and har - vest,
 3. Par - don for sin and a peace that en - dur - eth,



1. There is no shad - ow of turn - ing with thee;
 2. Sun, moon and stars in their cours - es a - bove,
 3. Thine own dear pres - ence to cheer and to guide;



1. Thou chang - est not, thy com - pas - sions, they fail not,
 2. Join with all na - ture in man - i - fold wit - ness,
 3. Strength for to - day and bright hope for to - mor - row,



1. As thou hast been thou for - ev - er wilt be.
 2. To thy great faith - ful - ness, mer - cy and love.
 3. Bless - ings all mine, with ten thou - sand be - side!



Great is thy faith - ful - ness! Great is thy faith - ful - ness!



Morn - ing by morn - ing new mer - cies I see;



All I have need - ed thy hand hath pro - vid - ed,



Great is Thy faith - ful - ness, Lord un - to me!

♪ 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 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.

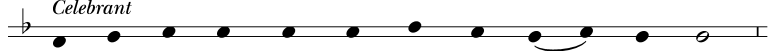
Grant that we who share these gifts
may be filled with the Holy Spirit
and live as Christ's Body in the world.

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**

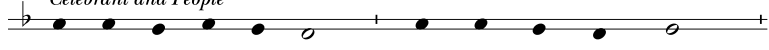
♪ The Lord's Prayer

Celebrant

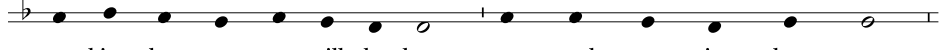


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



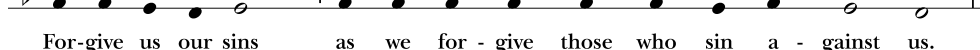
Our Fa - ther in hea - ven, hal - lowed be your Name,



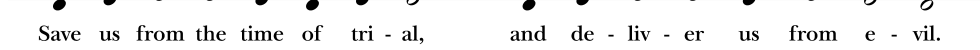
your king - dom come, your will be done, on earth as in hea - ven.



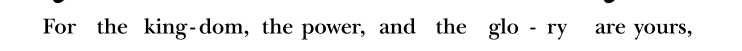
Give us to - day our dai - ly bread.



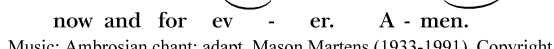
For - give us our sins as we for - give those who sin a - gainst us.



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.]

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 #487

“Come, my Way, my Truth, my Life”

Blue Hymnal



1 Come, my Way, my Truth, my Life: such a
 2 Come, my Light, my Feast, my Strength: such a
 3 Come, my Joy, my Love, my Heart: such a



way as gives us breath; such a truth as ends all
 light as shows a feast; such a feast as mends in
 joy as none can move; such a love as none can



strife; such a life as kill - eth death.
 length; such a strength as makes his guest.
 part; such a heart as joys in love.

Words: George Herbert (1593-1633). Music: *The Call*, Ralph Vaughan Williams (1872-1958).

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 #347

“Go forth for God”

Blue Hymnal



1 Go forth for God; go _____ to the world in peace;
2 Go forth for God; go _____ to the world in love;
3 Go forth for God; go _____ to the world in strength;
4 Go forth for God; go _____ to the world in joy,



be of good cour - age, armed with heaven - ly grace,
strength - en the faint, give cour - age to the weak;
hold fast the good, be ur - gent for the right;
to serve God's peo - ple ev - ery day and hour,



in God's good Spi - rit dai - ly to in - crease,
help the af - flict - ed; rich - ly from a - bove
ren - der to no one e - vil; Christ at length
and ser - ving Christ, our ev - ery gift em - ploy,



till in his king - dom we _____ be - hold his face.
his love sup - plies the grace _____ and power we seek.
shall o - ver - come all dark - ness with his light.
re - joic - ing in the Ho - ly Spi - rit's power.

Dismissal

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

People: **Thanks be to God.**

♪ Postlude

Original Improvisation

Paul Burkle

Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Preacher:	Berkeley Johnson
Altar Guild:	Sarah Chesebro
Eucharistic Minister:	Sandy Fisher
Acolyte:	Payton Chesebro
Chalice:	Michael Lucas
Lectors:	Brian Spolarich, Bob Pelfrey
Flowers:	Pamela Bleisch
Usher:	Barbara Schippers
Usher:	Ed Valentine
Music:	Paul Burkle
Intercessor:	Louisa Beeler
Tellers:	Bryson McKelvey, Alice Welchert
Online Host:	Jane Wu
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Jane Wu and Sharon Porter

This Week at St. Ben's

Monday	Aug 30
8:30 a	Morning Prayer (Zoom)
Tuesday	Sept 1
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	Sept 2
8:30 a	Morning Prayer (Zoom)
4:00 p	Community Dinner
5:30 p	Engaging Questions Workshop
Thursday	Sept 3
8:30 a	Morning Prayer (Zoom)
11:30 a	Bible Study
6:00 p	Choir Practice
Friday	Sept 4
8:30 a	Morning Prayer (Zoom)
Sunday	Sept 6
12:00 p	Potluck
12:15 p	Earthcare Discussion
3:00 p	Free Concert

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
PO Box 6877
2220 Snowy Egret Lane
Los Osos, CA 93402
805-528-0654
office@stbenslososos.org
www.stbenslososos.org

