



St. Benedict's Episcopal Church

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

September 13th, 2026

Sixteenth 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 #405

“All things bright and beautiful”

Blue Hymnal



- 1 Each lit - tle flower that o - pens, each lit - tle bird that sings,
- 2 The pur - ple - head - ed moun - tain, the riv - er run - ning by,
- 3 The cold wind in the win - ter, the pleas - ant sum - mer sun,
- 4 He gave us eyes to see them, and lips that we might tell



he made their glow - ing col - ors, he made their ti - ny wings.
 the sun - set, and the morn - ing that bright - ens up the sky,
 the ripe fruits in the gar - den, he made them ev - ery one.
 how great is God Al - might - y, who has made all things well.

Words: Cecil Frances Alexander (1818-1895). Music: *Royal Oak*, melody from *The Dancing Master*, 1686; adapt. and harm. Martin Fallas Shaw (1875-1958), desc. Richard Proulx (b. 1937). Used by arrangement with G. Schirmer, Inc. Descant, Copyright © 1979, G.I.A. Publications, Inc.

The Creation Collect of the Day

Presider: God be with you.

People: ***And also with you.***

Presider: O God, because in our ignorance and selfishness we so often fail to care rightly for your Creation, mercifully grant that your Holy Spirit may soften and unite our hearts with all living beings who suffer; through Jesus Christ the Wisdom of Creation, who lives and reigns with you and the Holy Spirit, now and for ever. Amen.

please be seated for the readings

Exodus 14:19-31

Reader: A Reading from the book of Exodus

The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night.

Then Moses stretched out his hand over the sea. The LORD drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the LORD in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, "Let us flee from the Israelites, for the LORD is fighting for them against Egypt."

Then the LORD said to Moses, “Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.” So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the LORD tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

Thus the LORD saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the LORD did against the Egyptians. So the people feared the LORD and believed in the LORD and in his servant Moses.

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

*People: **Thanks be to God.***

Psalm 114

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



1 Hallelujah!

When Israel came out of **Egypt**, *
the house of Jacob from a people of strange **speech**,

2 Judah became God's **sanctuary** *
and Israel his do-**minion**.

3 The sea beheld it and **fled**; *
Jordan turned and went **back**.

4 The mountains skipped like **rams**, *
and the little hills like **young sheep**.

5 What ailed you, O sea, that you **fled**? *
O Jordan, that you turned **back**?

6 You mountains, that you skipped like **rams**? *
you little hills like **young sheep**?

7 Tremble, O earth, at the presence of the **Lord**, *
at the presence of the God of **Jacob**,

8 Who turned the hard rock into a pool of **water** *
and flint-stone into a flowing **spring**.

A Reading of “Nothing is Lost” from *Ladder to the Light*, Steven Charleston

The Rt. Rev. Steven Charleston (b. 1949) is a Native American elder, a citizen of the Choctaw Nation, an author, and a retired bishop in the Episcopal Church. He is widely recognized as a leading proponent for justice issues and for spiritual renewal in the church in both the United

States and Canada. Among other roles, he has served as the national staff officer for Native American ministries, the Bishop of Alaska, and the Dean of the Episcopal Divinity School.

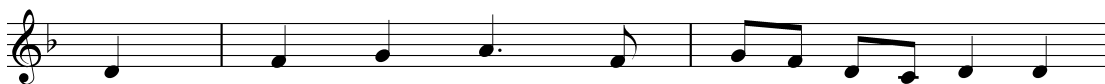
In the days of conquest, when darkness covered the land, the hoop of many nations was broken, the story of many people lost—and lost forever. The number who perished will never be counted, but their graves are still here. Their testimony is written into the earth. The wisdom of the ancestors is a mist over the valley, a cloud passing before the moon. The teachings of the elders can be heard in the rain, the message of the poets seen in the first stars that put the sun to bed. Nothing is finally lost. The ancient visions are within us. The old dreams are part of us. The steady rhythm of hope was never silenced. It beats today for all who would hear it. It beats within me. It beats within you. Life is still growing beneath the concrete. The sound of the earth is breathing beneath the glass and steel.

(please stand as you are able as we welcome the Gospel)

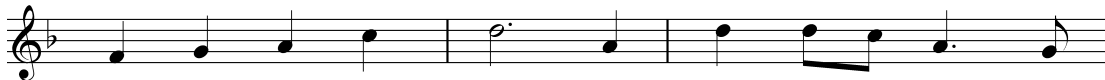
♫ Hymn #674

“Forgive our sins as we forgive” (vs. 1 & 4 only)

Blue Hymnal



1 “For - give our sins as we for - give” you
 2 How can your par - don reach and bless the
 3 In blaz - ing light your cross re - veals the
 4 Lord, cleanse the depths with - in our souls, and



taught us, Lord, to pray; but you a - lone can
 un - for - giv - ing heart that broods on wrongs and
 truth we dim - ly knew, how small the debts men
 bid re - sent - ment cease; then, re - con - ciled to



grant us grace to live the words we say.
 will not let old bit - ter - ness de - part?
 owe to us, how great our debt to you.
 God and man, our lives will spread your peace.

Words: Rosamond E. Herklots (1905-1987). By permission of Oxford University Press. Music: *Detroit*, from *Supplement to Kentucky Harmony*, 1820; acc. Margaret W. Mealy (b. 1922).

Matthew 18:21-35

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

People: Glory to You, Lord Christ.

Peter came and said to Jesus, “Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?” Jesus said to him, “Not seven times, but, I tell you, seventy-seven times.

“For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made.

So the slave fell on his knees before him, saying, ‘Have patience with me, and I will pay you everything.’ And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow slaves who owed him a hundred denarii; and seizing him by the throat, he said, ‘Pay what you owe.’ Then his fellow slave fell down and pleaded with him, ‘Have patience with me, and I will pay you.’

But he refused; then he went and threw him into prison until he would pay the debt. When his fellow slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, ‘You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow slave, as I had mercy on you?’ And in anger his lord handed him over to be tortured until he would pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.”

Presider: The Gospel of Christ.

People Praise to You, Lord Christ.

Sermon

The Rev. Linzi Stahlecker

A moment of silence to contemplate the sermon

Profession of Faith

from Gurukul Lutheran Theological College
and Research Institute (a seminary in South India), adapted by Keld B. Hansen.

All: **We believe in God, who creates all things,
who embraces all things, who celebrates all things,
who is present in every part of the fabric of creation.
We believe in God as the source of all life,
who baptizes this planet with living water.
We believe in Jesus Christ, the suffering one,
the poor one, the malnourished one, the climate refugee,
who loves and cares for this world
and who suffers with it.
And we believe in Jesus Christ, the seed of life,
who came to reconcile and renew this world
and everything in it.
We believe in the Holy Spirit, the breath of God,
who moves with God
and who moves among and with us today.
We believe in everlasting life in God.
And we believe in the hope that one day
God will put an end to death and all destructive forces.**

Prayers of the People

Christ Jesus, we pray that your church may be welcoming and open.
Let us draw others to you by our love and understanding.
May we be a support to the weak in faith,
a strength to the wavering, and an uplift to the fallen.
Let us not be judgmental, and yet let us stand firm in our love for you and
for your will.

Teach us to be forgiving towards others as we seek forgiveness from you.
We pray for the outreach of your church, for its mission to seek out and care for those who are lost and those who are downtrodden.

Christ Jesus, as you gave your life for us,
help us to give our lives to you.

We pray for those who make the decisions that sway the economies of the world, that they choose to do good, and opt not to perpetuate harms.
We pray for countries and peoples that are crushed by debt.
We pray for justice and fair dealings in trade.
We remember those who have had homes or land taken because of debts they couldn't repay;
we pray for all who have become bankrupt, all who have lost the little they had.

Christ Jesus, as you gave your life for us,
help us to give our lives to you.

We give thanks for what you have given to us.
We pray that what we have may neither be hoarded nor squandered,
that we may give freely for the relief of the needy and to the building up of our world.

We give thanks for all who have been generous to us,
and pray that the places where we live may be places of grace and generosity.

Christ Jesus, as you gave your life for us,
help us to give our lives to you.

We pray for those whose lives are diminished by greed, selfishness, and self-centeredness.

We pray for all who see only scarcity.

We pray for all who have been wounded, hurt, or harmed by loved ones, and we pray for all whose relationships have broken down.

We pray for all those in need, and we remember before you all 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 Jesus, as you gave your life for us,
help us to give our lives to you.

We give thanks for all who in their generosity have given their lives in the service of others.

We pray that as they gave their love and their life, you will give them love and life eternal.

May we, with them, share in your love and in life everlasting.

Christ Jesus, as you gave your life for us,
help us to give our lives to you.

Presider: Christ Jesus, you opened your arms for us on the cross,
you welcome us into your kingdom:
may your saving power be known among us,
and lead us into the ways of peace,
Christ our Savior,
who lives and reigns with the Father and the Holy Spirit in
everlasting love. *Amen.*

Confession

**Holy and merciful God,
we confess that we have failed to honor you
by rightly claiming our kinship with all your creatures.
We have walked heavily on your earth,
overused and wasted its resources,
taken for granted its beauty and abundance,
and treated its inhabitants unjustly,
holding future generations hostage to our greed.
Have mercy on us and forgive us our sin.
Renew in us the resolve to keep and conserve your earth as
you desire and intend,
with grateful and compassionate hearts,
through your Son, our Savior Jesus Christ. 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.



♫ Hymn #812

“I, the Lord of sea and sky”

WLP

Unison



1. I, the Lord of sea and sky, I have heard my
 2. I, the Lord of snow and rain, I have borne my
 3. I, the Lord of wind and flame, I will tend the



peo - ple cry. All who dwell in deep - est sin My hand will
 peo - ple's pain. I have wept for love of them, They turn a -
 poor and lame. I will set a feast for them, My hand will



save. I who made the stars of night,
 way. I will break their hearts of stone,
 save. Fin - est bread I will pro - vide



I will make their dark - ness bright. Who will bear my
 Give them hearts for love a - lone. I will speak my
 Till their hearts be sat - is - fied. I will give my

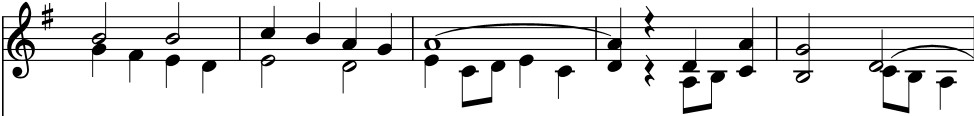


light to them? Whom shall I send? _____
 word to them. Whom shall I send? _____
 life to them. Whom shall I send? _____

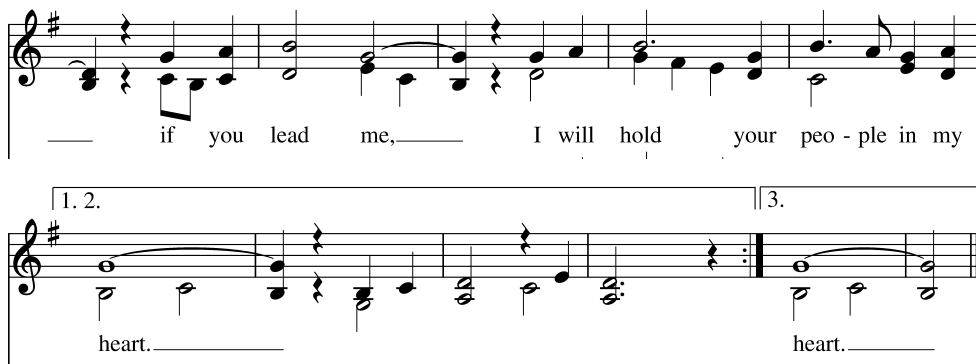
Refrain



Here I am, Lord. _____ Is it I, Lord? _____ I have



heard you call-ing in the night. _____ I will go, Lord, _____



♪ 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 Prayer 2

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:

We praise you and we bless you, holy and gracious God,
source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep
and brought all things into being:

sun, moon, and stars;
earth, winds, and waters;
and every living thing.

You made us in your image,
and taught us to walk in your ways.

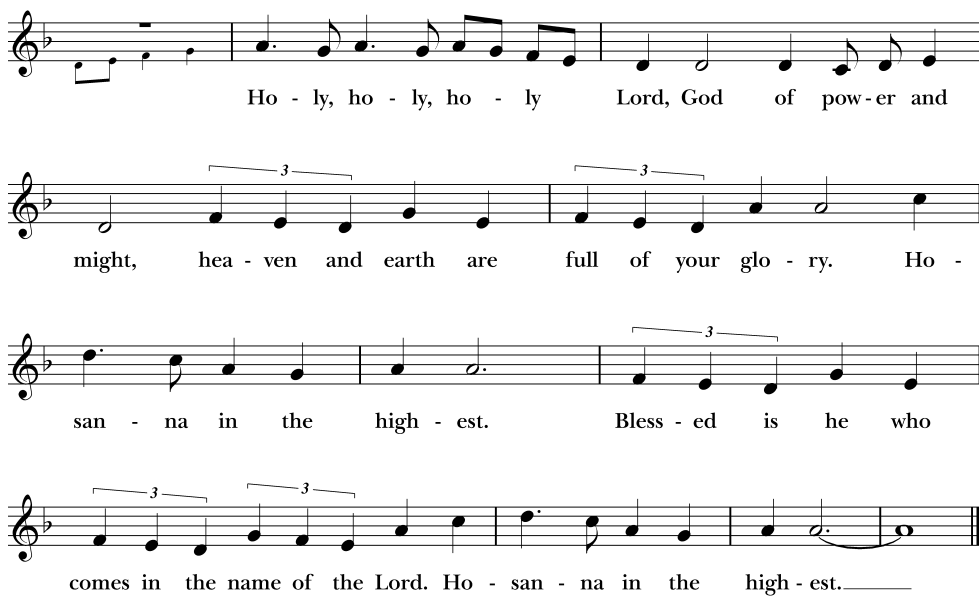
But we rebelled against you, and wandered far away;
and yet, as a mother cares for her children,
you would not forget us.

Time and again you called us
to live in the fullness of your love.

And so this day we join with Saints and Angels
in the chorus of praise that rings through eternity,
lifting our voices to magnify you as we sing:

Sanctus

S129



Ho - ly, ho - ly, ho - ly Lord, God of pow-er and
 might, hea - ven 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: Robert Powell (b. 1932). Setting: Copyright © Church Publishing Inc.

Glory and honor and praise to you, holy and living God.
To deliver us from the power of sin and death
and to reveal the riches of your grace,
you looked with favor upon Mary, your willing servant,
that she might conceive and bear a son,
Jesus the holy child of God.
Living among us, Jesus loved us.
He broke bread with outcasts and sinners,
healed the sick, and proclaimed good news to the poor.
He yearned to draw all the world to himself
yet we were heedless of his call to walk in love.
Then, the time came for him to complete upon the cross
the sacrifice of his life,
and to be glorified by you.

On the night before he died for us,
Jesus was at table with his friends.
He took bread, gave thanks to you,
broke it, and gave it to them, 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.
Again, he gave thanks to you,
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.”

Now gathered at your table, O God of all creation,
and remembering Christ, crucified and risen,
who was and is and is to come,
we offer to you our gifts of bread and wine,
and ourselves, a living sacrifice.
Pour out your Spirit upon these gifts
that they may be the Body and Blood of Christ.

Breathe your Spirit over the whole earth
and make us your new creation,
the Body of Christ given for the world you have made.

In the fullness of time bring us,
with Benedict and all your saints,
from every tribe and language and people and nation,
to feast at the banquet prepared
from the foundation of the world.

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

by Martha Blacklock, Mother Thunder
Mission, "Honoring God in Creation,"

Presider: As the Wisdom before Creation teaches us, we pray.

All: **Holy One, our only Home,
hallowed be your name.
May your day dawn,
your will be done,
here as in heaven.
Feed us today,
and forgive us as we forgive each other.
Do not forsake us at the test,
but deliver us from evil.
For the glory, the power,
and the mercy are yours,
now and for ever. Amen.**

The Breaking of the Bread

The Presider breaks the Bread

♪ Fraction Anthem

S 166



Setting: Gerald R. Near (b. 1942)

Presider: This is Living Bread, given for all Creation.

People: All who eat this bread share in Christ's Body.

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 #597

“O day of peace”

Blue Hymnal

Introduction



1 O day of peace that dim - ly shines through all our
2 Then shall the wolf dwell with the lamb, nor shall the

hopes and prayers and dreams, guide us to jus - tice, truth, and
fierce de - vour the small; as beasts and cat - tle calm - ly

love, de - liv - ered from our self - ish schemes. May swords of
graze, a lit - tle child shall lead them all. Then en - e -

hate fall from our hands, our hearts from en - vy find re -
mies shall learn to love, all crea - tures find their true ac -

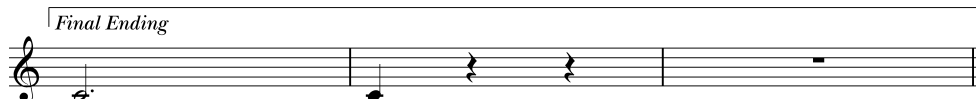
lease, till by God's grace our war - ring world shall see Christ's
cord; the hope of peace shall be ful - filled, for all the

1 *Interlude*



prom - ised reign of peace.
earth shall know the (Lord.)

Final Ending



Lord. _____

Silence

(please stand as you are able)

Prayer

Post communion prayer 4 from "Prayers of Intercession for
Creation Time 2012," prepared by Sister Catherine Brennan SSL and
Sister Ann Concannon SSL for Churches Together in Britain and
Ireland (CTBI)

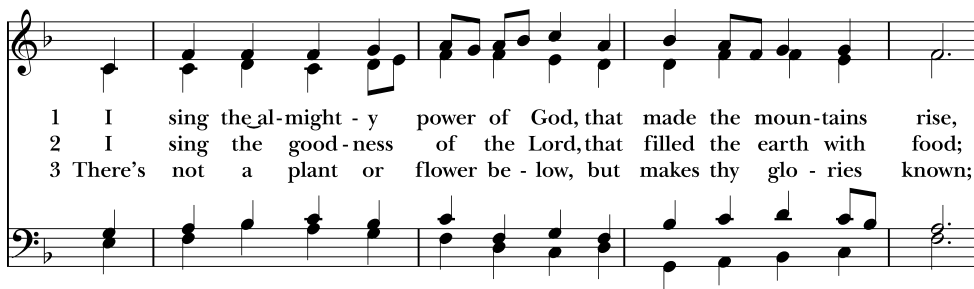
All: **Create in us a new heart and a new vision, O God,
that the gifts of your Spirit may work
in us and renew the face of the earth.
May we be one with you
so that our work is yours
and your work is ours.
Lead us to transform our lives
to reflect your glory in Creation;
through Jesus Christ our Savior
who is alive with you and the Holy Spirit,
one God now and for ever. Amen.**

Blessing

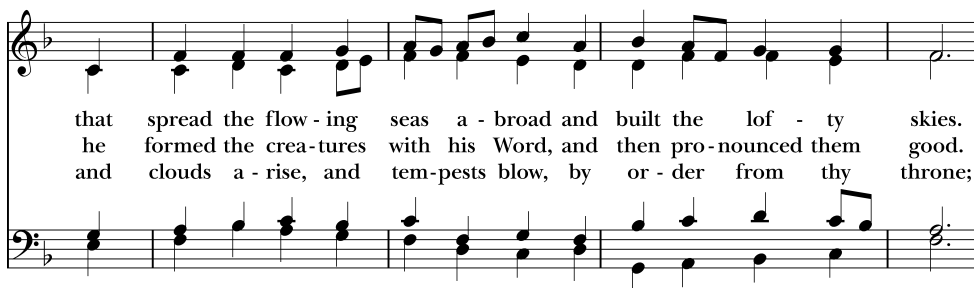
♫ Hymn #398

“I sing the almighty power of God”

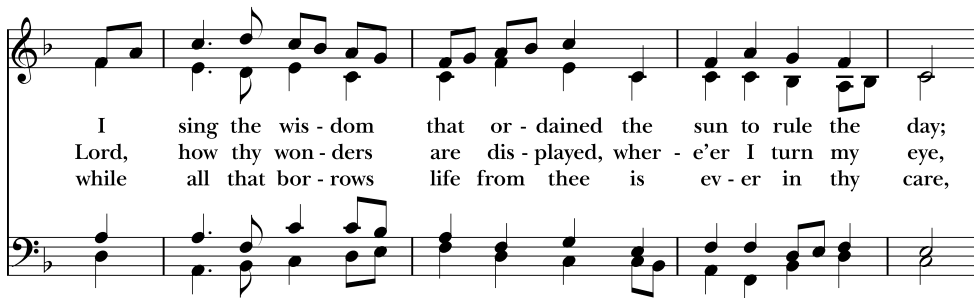
Blue Hymnal



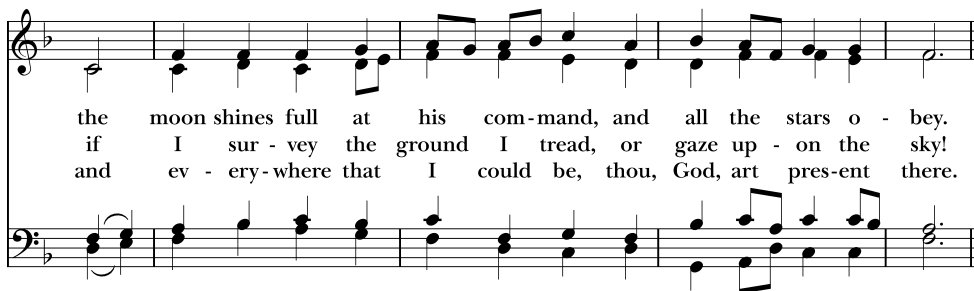
1 I sing the al-might - y power of God, that made the moun-tains rise,
 2 I sing the good-ness of the Lord, that filled the earth with food;
 3 There's not a plant or flower be - low, but makes thy glo - ries known;



that spread the flow - ing seas a - broad and built the lof - ty skies.
 he formed the crea-tures with his Word, and then pro-nounced them good.
 and clouds a - rise, and tem-pests blow, by or - der from thy throne;



I sing the wis - dom that or - dained the sun to rule the day;
 Lord, how thy won - ders are dis - played, wher - e'er I turn my eye,
 while all that bor - rows life from thee is ev - er in thy care,



the moon shines full at his com-mand, and all the stars o - bey.
 if I sur - vey the ground I tread, or gaze up - on the sky!
 and ev - ery-where that I could be, thou, God, art pres-ent there.

Words: Isaac Watts (1674-1748), alt. Music: *Forest Green*, English melody; adapt. and harm. Ralph Vaughan Williams (1872-1958).

Dismissal

Presider: Let us go forth into all Creation, rejoicing in the power of the Spirit.

People: **Thanks be to God.**

♪ **Postlude** *Original Improvisation*

Paul Burkle

Ministers of the Service

Presider:	The Rev. Linzi Stahlecker
Preacher:	The Rev. Linzi Stahlecker
Deacon:	The Rev. Deacon Sharon Dalrymple
Acolyte	Payton Chesebro
Altar Guild:	Diana Hammerlund
Eucharistic Minister:	Brian Spolarich
Chalice:	The Rev. Deacon Sharon Dalrymple
Lectors:	Connie Weldon, Bob Pelfry
Flowers:	Pamela Bleisch
Usher:	Jim Malone
Usher:	Barbara Schippers
Music:	Paul Burkle
Intercessor:	Helen Schnieders
Tellers:	Steve Cake, Bryson McKelvey
Online Host:	Jane Wu
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Christa Matthews

This Week at St. Ben's

Monday	Sep 14
8:30 a	Morning Prayer (Zoom)
Tuesday	Sep 15
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	Sep 16
8:30 a	Morning Prayer (Zoom)
3:00 p	Earthcare Meeting
5:30 p	Engaging Questions Workshop
Thursday	Sep 17
8:30 a	Morning Prayer (Zoom)
11:30 a	Bible Study
6:00 p	Choir Practice
Friday	Sep 18
8:30 a	Morning Prayer (Zoom)
Saturday	Sept 19
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
PO Box 6877
2220 Snowy Egret Lane
Los Osos, CA 93402
805-528-0654
office@stbenslososos.org
www.stbenslososos.org

