



St. Benedict's Episcopal Church

Tending Mind & Soul in Los Osos, CA

October 11th, 2026

Twentieth 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.

All: **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 #460

“Alleluia! sing to Jesus!” (vs. 1, 3, 4, 5 only) Blue Hymnal



1 Al - le - lu - ia! sing to Je - sus! his the
 *2 Al - le - lu - ia! not as or - phans are we
 3 Al - le - lu - ia! bread of Hea - ven, Thou on
 4 Al - le - lu - ia! King e - ter - nal, thee the
 *5 Al - le - lu - ia! sing to Je - sus! his the



1 scep - ter, his the throne; Al - le - lu - ia! his the
 2 left in sor - row now; Al - le - lu - ia! he is
 3 earth our food, our stay! Al - le - lu - ia! here the
 4 Lord of lords we own: Al - le - lu - ia! born of
 5 scep - ter, his the throne; Al - le - lu - ia! his the



1 tri - umph, his the vic - to - ry a - lone; Hark! the
 2 near us, faith be - lieves, nor ques - tions how: though the
 3 sin - ful flee to thee from day to day: In - ter -
 4 Ma - ry, earth thy foot - stool, heaven thy throne: thou with -
 5 tri - umph, his the vic - to - ry a - lone; Hark! the



1 songs of peace - ful Zi - on thun - der like a
 2 cloud from sight re - ceived him, when the for - ty
 3 ces - sor, friend of sin - ners, earth's Re - deem - er,
 4 in the veil hast en - tered, robed in flesh, our
 5 songs of ho - ly Zi - on thun - der like a



1 might - y flood; Je - sus out of ev - ery
 2 days were o'er, shall our hearts for - get his
 3 plead for me, where the songs of all the
 4 great High Priest: thou on earth both Priest and
 5 might - y flood; Je - sus out of ev - ery



1	na	-	tion	hath	re -	deemed	us	by	his	blood.
2	prom	-	ise,	"I	am	with	you	ev	-	er - more"?
3	sin	-	less	sweep	a -	cross	the	crys	-	tal sea.
4	Vic	-	tim	in	the	eu -	cha -	ris -	tic	feast.
5	na	-	tion	hath	re -	deemed	us	by	his	blood.

Collect of the Day

Presider: God be with you.

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

Presider: Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ 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

Exodus 32:1-14

Reader: A Reading from the book of Exodus

When the people saw that Moses delayed to come down from the mountain, the people gathered around Aaron, and said to him, "Come, make gods for us, who shall go before us; as for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him." Aaron said to them, "Take off the gold rings that are on the ears of your wives, your sons, and your daughters, and bring them to me." So all the people took off the gold rings from their ears, and brought them to Aaron. He took the gold from them, formed it in a mold, and cast an image of a calf; and they said, "These are your gods, O Israel, who brought you up out of the land of Egypt!" When Aaron saw this, he built an altar before it; and Aaron made proclamation and said, "Tomorrow shall be a festival to the LORD."

They rose early the next day, and offered burnt offerings and brought sacrifices of well-being; and the people sat down to eat and drink, and rose up to revel.

The LORD said to Moses, “Go down at once! Your people, whom you brought up out of the land of Egypt, have acted perversely; they have been quick to turn aside from the way that I commanded them; they have cast for themselves an image of a calf, and have worshiped it and sacrificed to it, and said, ‘These are your gods, O Israel, who brought you up out of the land of Egypt!’” The LORD said to Moses, “I have seen this people, how stiff-necked they are. Now let me alone, so that my wrath may burn hot against them and I may consume them; and of you I will make a great nation.”

But Moses implored the LORD his God, and said, “O LORD, why does your wrath burn hot against your people, whom you brought out of the land of Egypt with great power and with a mighty hand? Why should the Egyptians say, ‘It was with evil intent that he brought them out to kill them in the mountains, and to consume them from the face of the earth’? Turn from your fierce wrath; change your mind and do not bring disaster on your people. Remember Abraham, Isaac, and Israel, your servants, how you swore to them by your own self, saying to them, ‘I will multiply your descendants like the stars of heaven, and all this land that I have promised I will give to your descendants, and they shall inherit it forever.’” And the LORD changed his mind about the disaster that he planned to bring on his people.

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

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

♪ Psalm 106:1-6, 19-23

S413

1 Hallelujah!

Give thanks to the Lord, for he is **good**, *
for his mercy endures for **ever**.



2 Who can declare the mighty acts of the **Lord** *
or show forth all his **praise**?

3 Happy are those who act with **justice** *
and always do what is **right**!

4 Remember me, O Lord, with the favor you have for your **people**, *
and visit me with your saving **help**;

5 That I may see the prosperity of your elect
and be glad with the gladness of your **people**, *
that I may glory with your in-**heritance**.

6 We have sinned as our **forebears did**; *
we have done wrong and dealt **wickedly**.

19 Israel made a bull-calf at **Horeb** *
and worshiped a molten **image**;

20 And so they exchanged their **Glory** *
for the image of an ox that feeds on **grass**.

21 They forgot God their **Savior**, *
who had done great things in **Egypt**,

22 Wonderful deeds in the land of **Ham**, *
and fearful things at the **Red Sea**.

repeat the second half of the chant for the last verse

23 So he would have destroyed them,
had not Moses his chosen stood before him in the **breach**, *
to turn away his wrath from con-**suming them**.

Philippians 4:1-9

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

My brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

I urge Euodia and I urge Syntyche to be of the same mind in the Lord. Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life.

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

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 #655

“O Jesus, I have promised” (vs. 1 and 2 only)

Blue Hymnal



1 O Je - sus, I have prom-ised to serve thee to the end;
 2 O let me hear thee speak-ing in ac - cents clear and still,
 3 O Je - sus, thou hast prom-ised to all who fol - low thee,



be thou for ev - er near me, my Mas - ter and my friend;
 a - bove the storms of pas-sion, the mur-murs of self - will;
 that where thou art in glo - ry there shall thy ser - vant be;



I shall not fear the bat - tle, if thou art by my side,
 O speak to re - as - sure me, to has - ten or con - trol;
 and, Je - sus, I have prom - ised to serve thee to the end;



nor wan - der from the path - way, if thou wilt be my guide.
 O speak, and make me lis - ten, thou guard-ian of my soul.
 O give me grace to fol - low, my Mas - ter and my friend.

Matthew 22:1-14

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

People: *Glory to You, Lord Christ.*

Once more Jesus spoke to the people in parables, saying: “The kingdom of heaven may be compared to a king who gave a wedding banquet for his son. He sent his slaves to call those who had been invited to the wedding banquet, but they would not come. Again he sent other slaves, saying, ‘Tell those who have been invited: Look, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready; come to the wedding banquet.’”

But they made light of it and went away, one to his farm, another to his business, while the rest seized his slaves, mistreated them, and killed them. The king was enraged. He sent his troops, destroyed those murderers, and burned their city. Then he said to his slaves, ‘The wedding is ready, but those invited were not worthy. Go therefore into the main streets, and invite everyone you find to the wedding banquet.’ Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests.

“But when the king came in to see the guests, he noticed a man there who was not wearing a wedding robe, and he said to him, ‘Friend, how did you get in here without a wedding robe?’ And he was speechless. Then the king said to the attendants, ‘Bind him hand and foot, and throw him into the outer darkness, where there will be weeping and gnashing of teeth.’ For many are called, but few are chosen.”

Deacon: The Gospel of Christ.

People: *Praise to You, Lord Christ.*

Sermon

The Rev. Linzi Stahlecker

Silence

Affirmation of Faith

The Nicene Creed

Let us affirm our faith in Jesus Christ the Son of God.

All: **We believe in one God,
 the Father, the Almighty,
 maker of heaven and earth,
 of all that is, seen and unseen.**

**We believe 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,
was incarnate of the Holy Spirit and 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 believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father,
who with the Father and the Son is worshiped and
glorified,
who has spoken through the prophets.
We believe 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 Mystery, you have called us to walk in your way, make us the people that you would have us be, guide us that we may do what you would have us do, that we may reveal your truth, and lead others to the fullness of life, that we may be a chosen people, a royal priesthood, that we may proclaim the mighty acts of him who called us into his marvelous light.

Christ Jesus, lead us in the ways of peace.

Guide us in the path of life.

We pray for all who are in positions of authority, for all who will be called upon to make difficult decisions this week.

We remember those who make decisions that affect the life of this planet.

We pray for all who make efforts for the healing of the earth.

Lead us in the ways of peace.

Guide us in the path of life.

We praise you for all who have enriched our lives, for all who have built up our community, for those who have extended our vision, for all who taught us the truth, for those who set us on a good path.

We pray for our families and friends, for the people we work with, volunteer with, and worship alongside, and for all in our community.

Christ Jesus, lead us in the ways of peace.

Guide us in the path of life.

We pray for all who are confused about the truth, or about life, for all who feel lost.

We pray for all who are living a lie and cannot face reality.

We pray for all who are not at peace.

We come to you with all who are troubled in heart.

We pray for all who are in need, especially for those 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, lead us in the ways of peace.

Guide us in the path of life.

Christ Jesus, as you have gone before us and prepared a place for us, lead us - until we come fully into your kingdom and walk before you in that life which is eternal.

Christ Jesus, lead us in the ways of peace.

Guide us in the path of life.

Presider:

Loving God, guide us that we may walk in your way, rejoice in your truth, and be kept for ever in the life which you give which is eternal; through him who lived and died and rose again for us. Jesus Christ our Savior.

Amen.

Confession

Deacon: Let us confess our sins against God and our neighbor.

***People: Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.***

Absolution

Presider: Almighty God have mercy on you, forgive you all your sins through our Lord 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 any special concern, may come forward. Prayers can be found on the yellow card in your pew.

The Offertory

You are invited to make a thank offering. If you do not 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 #482

“Lord of all hopefulness”

Blue Hymnal



1 Lord of all hope - ful - ness, Lord of all joy,
 2 Lord of all ea - ger - ness, Lord of all faith,
 3 Lord of all kind - li - ness, Lord of all grace,
 4 Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy,
 whose strong hands were skilled at the plane and the lathe,
 your hands swift to wel - come, your arms to em - brace,
 whose voice is con - tent - ment, whose pres - ence is balm,



be there at our wak - ing, and give us, we pray,
 be there at our lab - ors, and give us, we pray,
 be there at our hom - ing, and give us, we pray,
 be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.
 your strength in our hearts, Lord, at the noon of the day.
 your love in our hearts, Lord, at the eve of the day.
 your peace in our hearts, Lord, at the end of the day.

Words: Jan Struther (1901-1953). By permission of Oxford University Press. Music: *Slane*, Irish ballad melody; adapt. *The Church Hymnary*, 1927; harm. *Hymnal* 1982.

♫ 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

Eucharistic Prayer B

The musical notation consists of four staves, each with a treble clef and a key signature of one sharp (F#). The lyrics are written below the notes. The first staff is for the Presider and the People, the second for the Presider and the People, the third for the Presider, 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.', and 'It is right to give him thanks and praise.'

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

Presider *People*
Lift up your hearts. We lift them to the Lord.

Presider
Let us give thanks to the Lord our God.

People
It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Creator of heaven and earth.

For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

♪ Sanctus

WLP 858

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. Ho - san - na in the high - est.

The Presider continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into 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 disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he 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 shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

All: **We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

The Presider continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

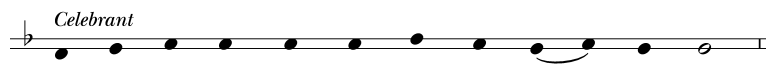
We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Benedict and all your saints, we may enter the everlasting heritage of all your children;
through Jesus Christ our Savior, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. ***AMEN.***

♪ The Lord's Prayer

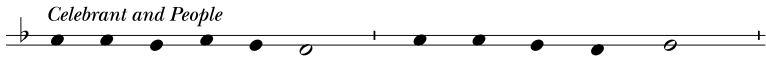
S148

Celebrant

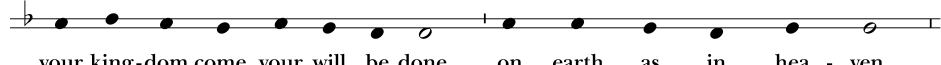


As our Sa - vior Christ has taught us, we now pray,

Celebrant and People



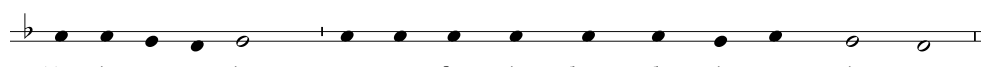
Our Fa - ther in hea - ven, hal - lowed be your Name,



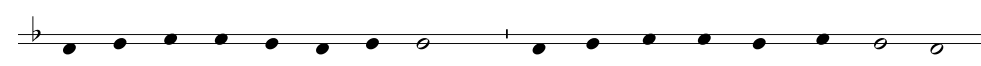
your king - dom come, your will be done, on earth as in hea - ven.



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

S166



Je - sus, Lamb of God: have mer - cy on



us. Je - sus, bear - er of our sins: have mer - cy on us.



Je - sus, re - deem - er of the world: give us your peace.

Setting: Gerald R. Near (b. 1942)

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 #339

“Deck thyself, my soul with gladness”

Blue Hymnal

1 Deck thy - self, my soul, with glad - ness, leave the
 2 Sun, who all my life dost bright - en; Light, who
 3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's
 dost my soul en - light - en; Joy, the best that an - y
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der
 know - eth; Fount, whence all my be - ing flow - eth:
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this
 at thy feet I cry, my Ma - ker, let me
 from this ban - quet let me mea - sure, Lord, how

won-drous ban-quet found - ed— high o'er all the heavens he
 be a fit par - ta - ker of this bless - ed food from
 vast and deep its trea - sure; through the gifts thou here dost

reign - eth, yet to dwell with thee he deign - eth.
 hea - ven, for our good, thy glo - ry, giv - en.
 give me, as thy guest in heaven re - ceive me.

Silence

(please stand as you are able)

Prayer

*Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Savior.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.*

Blessing

♫ Hymn #189 “Great is Thy Faithfulness” (vs. 1 and 3 only) 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!

Dismissal

Deacon: Let us go forth in the name of Christ.

People: Thanks be to God.

♪ Postlude

Original Improvisation

Paul Burkle

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Ministers of the Service

Presider:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Deacon:	The Rev. Deacon Sharon Dalrymple
Altar Guild:	Lisa Gonzalez
Eucharistic Minister:	Alan Kiste
Chalice:	The Rev. Deacon Sharon Dalrymple
Lectors:	Jane Wu, Bob Pelfrey
Flowers:	Brian Spolarich
Usher:	Connie Weldon
Usher:	Maureen Titus
Music:	Paul Burkle
Intercessor:	Helen Schnieders
Tellers:	Steve Cake, Diana Hammerlund
Online Host:	Don Maruska
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Hannah-Jaye Matthews

This Week at St. Ben's

Monday	Oct 12
8:30 a	Morning Prayer (Zoom)
Tuesday	Oct 13
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	Oct 14
8:30 a	Morning Prayer (Zoom)
4:00 p	Community Dinner
Thursday	Oct 15
8:30 a	Morning Prayer (Zoom)
11:30p	Bible Study
6:00 p	Choir Practice
Friday	Oct 16
8:30 a	Morning Prayer (Zoom)
Saturday	Oct 17
9:30 a	Men's Breakfast @ Celia's Café

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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