



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Third Sunday After Pentecost

June 26, 2022

Whoever you are and wherever you are in your faith journey,
there is a warm welcome for you here at St. Benedict's!

~ Prelude ~

"Praise to the Lord, the Almighty"

LOBE DEN HERREN.,
Arr. by Joel Raney

Stralsund Gesangbuch, 1665
© 2011 Hope Publishing Co.

Celebrant: Blessed be God: Father, Son, and Holy Spirit.

People: *And blessed be God's kin-dom, now and for ever. Amen.*

All: *Holy and Life-Giving Spirit, You know our innermost thoughts even before they break through into consciousness; You teach us how to pray. Breathe your breath into our hearts and minds this morning. Prepare us for worship, that our thoughts may turn to you and our hearts bow down in grateful praise of God - Creator, Word and Holy Spirit, Amen*

♪ Hymn of Praise

"I will sing"

G543



1. I will sing, I will sing a song un - to the Lord.
2. We will come, we will come as one be - fore the Lord.
3. If the Son, if the Son shall make you free,
6. In his name, in his name we have the vic - to - ry.



I will sing, I will sing a song un - to the Lord.
We will come, we will come as one be - fore the Lord.
If the Son, if the Son shall make you free,
In his name, in his name we have the vic - to - ry.



I will sing, I will sing a song un - to the Lord.
We will come, we will come as one be - fore the Lord.
If the Son, if the Son shall make you free,
In his name, in his name we have the vic - to - ry.



Al - le - lu - ia, glo - ry to the Lord.
Al - le - lu - ia, glo - ry to the Lord.
You shall be free in - deed.
Al - le - lu - ia, glo - ry to the Lord.

Refrain

Al - le - lu, al - le - lu - ia, glo - ry to the Lord. Al - le -

lu, al - le - lu - ia, glo - ry to the Lord. Al - le - lu, al - le - lu - ia, glo -

ry to the Lord. Al - le - lu - ia, glo - ry to the Lord. *To verses*

Verses 4, 5

4. They that sow in tears shall reap in joy. They that
5. Ev - 'ry knee shall bow and ev - 'ry tongue con - fess, Ev - 'ry

sow in tears shall reap in joy. They that
knee shall bow and ev - 'ry tongue con - fess, Ev - 'ry

sow in tears shall reap in joy. Al - le -
knee shall bow and ev - 'ry tongue con - fess, That

lu - ia, glo - ry is to the Lord.
Je - sus Christ is Lord. *To refrain*

Collect of the Day

Celebrant: Christ be with you.

People: *And also with you.*

Celebrant: Let us pray.

All: **Crossbound God, nothing protects you from open sky and beckoning grave: teach us to leave behind the fear that kills what is different, our love for what is dead and safe; may we set our face like you to find our true home, our unexpected city of peace, your fearless life, through Jesus Christ, who will not turn back. Amen.**

1 Kings 19:15-16,19-21

Reader: *A Reading from the book of First Kings*

The Lord said to Elijah, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place."

So he set out from there, and found Elisha son of Shaphat, who was plowing. There were twelve yoke of oxen ahead of him, and he was with the twelfth. Elijah passed by him and threw his mantle over him. He left the oxen, ran after Elijah, and said, "Let me kiss my father and my mother, and then I will follow you." Then Elijah said to him, "Go back again; for what have I done to you?" He returned from following him, took the yoke of oxen, and slaughtered them; using the equipment from the oxen, he boiled their flesh, and gave it to the people, and they ate. Then he set out and followed Elijah, and became his servant.

Reader: *The Word of the Lord*

People: *Thanks be to God*

My heart is glad, my soul re-joices, my bo-dy rests se-cure.

*Led. * Led. * Led. * Led. * Led. * Led. **

From The Emergent Psalter by Isaac Everett, copyright by Isaac Everett, Church Publishing, Inc. www.churchpublishing.org.

♪ Psalm 16

Protect me O God for I take refuge in you;

I have said to my God,

"You are my God, my benefactor;

none are above you."

All my delight is upon the godly who are in the land,
upon those who are noble among the people.

But those who run after other gods
shall have their trouble multiplied.
Their libations of blood I will not offer,
nor take the names of their gods upon my lips.
O God, you are my portion and my cup;
it is you who uphold my lot.
My boundaries enclose a pleasant land;
indeed I have a goodly heritage.

Antiphon

I will bless God who gives me counsel;
my heart teaches me, night after night.
I have set God always before me;
because God is at my right hand, I shall not fall.
My heart therefore is glad,
and my spirit rejoices;
my body also rests in hope.
For you will not abandon me to the grave,
nor let your holy one see the Pit.
You will show me the path of life.
In your presence there is fullness of joy,
and in your right hand are pleasures for evermore.

Antiphon

Galatians 5:1,13-25

Reader: *A Reading from the letter to the Galatians*

For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. For the whole law is summed up in a single commandment, "You shall love your neighbor as yourself." If, however, you bite and devour one another, take care that you are not consumed by one another.

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit.

Reader: *The Word of the Lord*

People: *Thanks be to God*

♪ Hymn

“Hallelujah”

WLP 784

Hal - le - lu - jah! We sing your prais - es! All our
 Ha - le - lu - ya! Pe - lo tsa ro - na, di tha -

hearts are filled with glad - ness! Hal - le - lu - jah! We sing your
 bi - le ka - o - fe - la. Ha - le - lu - ya! Pe - lo tsa

prai - ses! All our hearts are filled with glad - ness!
 ro - na, di tha - bi - le ka - o - fe - la. **Fine**

Christ the Lord to us said: “I am wine, I am bread, I am
 Je - sus says to us still: “All who do the Lord’s will, all who

wine, I am bread, give to all who thirst and hun - ger!"
do the Lord's will are my sis - ters and my bro - thers." *D.C.*

Luke 9:51-62

Gospeller: The Holy Gospel of Our Savior Jesus Christ According to Luke

People: *Glory to You, Lord Christ.*

When the days drew near for Jesus to be taken up, he set his face to go to Jerusalem. And he sent messengers ahead of him. On their way they entered a village of the Samaritans to make ready for him; but they did not receive him, because his face was set toward Jerusalem. When his disciples James and John saw it, they said, "Lord, do you want us to command fire to come down from heaven and consume them?" But he turned and rebuked them. Then they went on to another village.

As they were going along the road, someone said to him, "I will follow you wherever you go." And Jesus said to him, "Foxes have holes, and birds of the air have nests; but the Son of Man has nowhere to lay his head." To another he said, "Follow me." But he said, "Lord, first let me go and bury my father." But Jesus said to him, "Let the dead bury their own dead; but as for you, go and proclaim the kingdom of God." Another said, "I will follow you, Lord; but let me first say farewell to those at my home." Jesus said to him, "No one who puts a hand to the plow and looks back is fit for the kingdom of God."

Gospeller: The Gospel of the Lord.

People: *Praise to You, Lord Christ.*

Sermon

Jen Crompton

[We pause for a few moments' reflection before affirming our faith.]

Affirmation of Faith

CofE

All *We believe in God the Father,
from whom every family
in heaven and on earth is named.
We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.
We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;
Father, Son and Holy Spirit.*

Amen.

Prayers of the People

Mighty God, we pray that all people may have freedom to fulfil their vocations. Within your church may each find their ministry and calling. We pray for the newly baptized, those being confirmed and new Christians, that your church may grow in holiness, in outreach and in number. We ask you to guide and direct all who go out on mission, especially Jen, our trailblazer, all who preach the word and administer the sacraments. Show us the path of life. *Savior, hear us, graciously hear us.*

We ask that you will guide all who are called to govern, all who are in positions of authority or influence. We pray for the work of the United Nations and its peacekeeping forces; we pray for peace between Russia and Ukraine. We remember all who work to conserve the Earth and to reduce global warming. Show us the path of life. *Savior, hear us, graciously hear us.*

We give thanks for all who have enriched our lives by their talents and gifts. Bless our homes and communities making them places of gentleness and generosity, places of grace and goodness, places of holiness and hospitality, and begin now with us. Show us the path of life. *Savior, hear us, graciously hear us.*

We remember before you all who are restricted by poverty or oppression, all who cannot fulfil their calling due to illness or circumstance. We pray for all who are afraid to commit themselves to anyone. We pray for members of our community, friends and loved ones who are ill or in times of need, starting with those in the bidding book...

[after prayers are added from the bidding book, you are invited to add your own
Prayers of thanksgiving or intercession silently or aloud]

Show us the path of life. *Savior, hear us, graciously hear us.*

We rejoice with all your faithful people, and pray that you will make us not be numbered with your saints in that glory which is everlasting. We pray for friends and loved ones departed. Show us the path of life. Savior, hear us, graciously hear us.

Spirit of the Living God, come fill us, that we may live in joy and peace, and that our lives may show the gifts of patience, kindness, and generosity; that we may live in faithfulness, gentleness and self-control through your power working within us. We ask this in the name of Jesus Christ, who lives and reigns with the Father and you, blessed Spirit, now and for ever, Amen.

Adapted from Glimpses of Glory, David Adams

Confession and Absolution

EOW

Celebrant: 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 .*

Celebrant: 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

Peace

Celebrant: The peace of Christ be always with you.
People: *And also with you.*

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or travel, may come forward.

50. For a Birthday p 830

O God, our times are in your hand: Look with favor, we pray on your servant(s) _____ as *he/she/they* begin(s) another year. Grant that *he/she/they* may grow in wisdom and grace, and strengthen *his/her/their* trust in your goodness all the days of *his/her/their life/lives*; through Jesus Christ our Lord. *Amen.*

51. For a Birthday p 830

Watch over thy child, O Lord, as *his/her/their* days increase; bless and guide *him/her/their* wherever *he/she/they* may be. Strengthen *him/her/them* when *he/she/they* stand(s); comfort *him/her/their* when discouraged or sorrowful; raise *him/her/their* up if *he/she/they* fall; and in *his/her/their* heart may thy peace which passeth understanding abide all the days of *him/her/their* life; through Jesus Christ our Lord. *Amen.*

52. For an Anniversary p 431

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

53. For Travelers p 831

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel [in particular _____]; surround them with your loving care; protect them from every danger; and bring them into safety to their journey's end; through Jesus Christ our Lord. *Amen.*

The Offertory

Collection plates are not passed, but you may put your contributions in the plate by the usher's station before the service, or at the Peace, or contribute at our website any time.

Offertory Hymn

"Will you come"

Gather 700



you don't know And nev - er be the same?
cruel and kind And nev - er be the same?
pris - 'ners free And nev - er be the same?
fear in - side And nev - er be the same?
fol - low you And nev - er be the same.



Will you let my love be shown, Will you
Will you risk the hos - tile stare Should your
Will you kiss the lep - er clean, And do
Will you use the faith you've found To re -
In your com - pa - ny I'll go Where your



let my name be known, Will you let my
life at - tract or scare? Will you let me
such as this un - seen, And ad - mit to
shape the world a - round, Through my sight and
love and foot - steps show. Thus I'll move and



life be grown In you and you in me?
an - swer prayer In you and you in me?
what I mean In you and you in me?
touch and sound In you and you in me?
live and grow In you and you in me.

Text: John L. Bell, b.1949, © 1987, Iona Community, GIA Publications, Inc., agent
Tune: KELVINGROVE, 7 6 7 6 7 7 7 6; Scottish traditional; arr. by John L. Bell, b.1949

Doxology:

[Hymn tune #400]

[sung]

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

Iona

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.

Celebrant: The Lord be with you,

All: *And also with you.*

Celebrant: Lift up your hearts,

All: *We lift them up to God.*

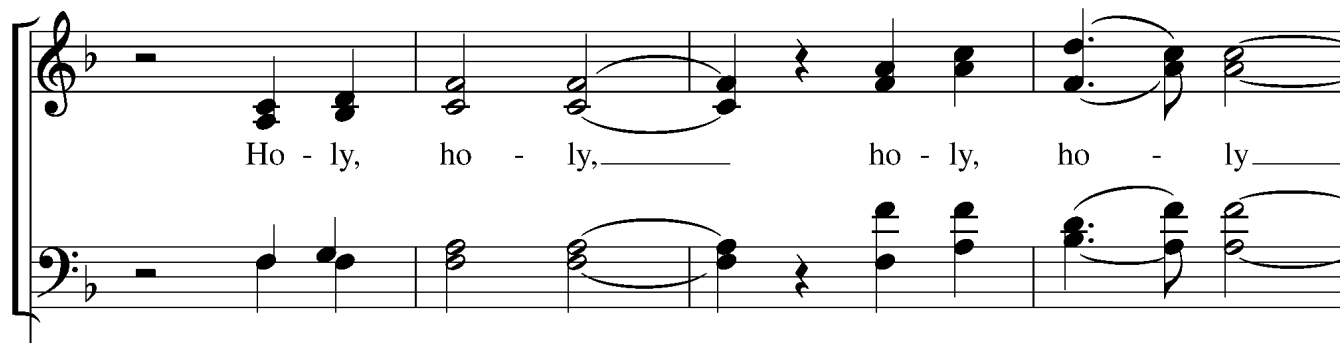
Celebrant: Let us give thanks to God,

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

Celebrant: 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 Michael and the host of heaven, with all the saints before and beside us, with Columba and Brigid, Patrick and Margaret, Blessed Mary and Blessed Benedict, with brothers and sisters, east and west, 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

LEVAS 255



Ho - ly, ho - ly, ho - ly, ho - ly

ho - ly Lord God of hosts.

Heav - en and earth are filled with your glo -

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

Bless - ed is He who comes in the name

of the Lord, of the Lord.

The image shows a musical score for the hymn 'Hosanna in the Highest'. It consists of two systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one flat (B-flat major or D minor). The lyrics are: 'Ho - san - na in the high - est, ho - san - na in the high - est'. The music features a mix of eighth and sixteenth notes, with some chords and rests.

Celebrant: 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.***

Celebrant: 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*

Lord's Prayer

And now as our Savior Christ taught us, we are bold to say:

*Eternal Spirit, Life-Giver, Pain-Bearer, Love Maker,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The Hallowing of your Name echo through the universe!
The Way of your Justice be followed by the people of the world!
Your Heavenly Will be done by all created beings!
Your Commonwealth of Peace and Freedom sustain our hope
and come on earth!
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For your reign is the glory of the power that is love, now and forever.
Amen.*

New Zealand Prayer Book

♪ Fraction Anthem

(sung twice)

WLP 878

Who - ev - er comes to me shall not hun - ger and
who - ev - er be - lieves in me shall nev - er thirst.

The Breaking of the Bread

The celebrant breaks the Bread

Celebrant Look, the Body of Christ is broken for the life of the world.
Here is Christ coming to us in bread and in wine.
The gifts of God for the people of God.

Holy Communion

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

This is God's table, and all are welcome here.

If God is calling you, you are welcome to the table. Please contact the church office to have communion brought to you in your home.

Communion Music

"I Need Thee Every Hour"

NEED, ROBERT LOWRY

Arr. by Joel Raney

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Communion Hymn

"Let Us Break Bread Together on our Knees"

Blue Hymnal 325



1 Let us break bread to - geth-er on our knees; _____
2 Let us drink wine to - geth-er on our knees; _____



let us break bread to - geth-er on our knees; _____
let us drink wine to - geth-er on our knees; _____



when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer-cy on me. _____



3 Let us praise God to - geth-er on our knees; _____



let us praise God to - geth-er on our knees; _____



when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer-cy on me. _____

Final Prayer

*Most loving God, creator and redeemer,
we give you thanks for this foretaste of your glory.
Through Christ, and with all your saints,
we offer ourselves and our lives to your service.
Send us out in the power of your Spirit,
to stand with you in your world.
We ask this through Jesus Christ, the servant,
our friend and brother. Amen.*

New Zealand Prayer Book

Blessing

Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may the blessing of God, Creator, Word and Holy Spirit, be with you always. Amen.

Announcements

Final Hymn

“Standing on the Promises”

UMH 374

1. Stand - ing on the prom - is - es of Christ my King,
2. Stand - ing on the prom - is - es that can - not fail,
3. Stand - ing on the prom - is - es of Christ the Lord,
4. Stand - ing on the prom - is - es I can - not fail,

through e - ter - nal a - ges let his prais - es ring,
when the howl - ing storms of doubt and fear as - sail,
bound to him e - ter - nal - ly by love's strong cord,
lis - tening ev - ery mo - ment to the Spir - it's call,

The image shows a musical score for the hymn "Standing on the Promises". It consists of two systems of music. Each system has a treble clef staff on top and a bass clef staff on the bottom. The key signature is one flat (B-flat) and the time signature is 4/4. The lyrics are printed between the staves. The first system contains the first four lines of the hymn, and the second system contains the next four lines. The music is written in a simple, hymn-like style with block chords and a steady rhythm.

(continues below)

glo - ry in the high - est, I will shout and sing,
 by the liv - ing Word of God I shall pre - vail,
 o - ver - com - ing dai - ly with the Spir - it's sword,
 rest - ing in my Sav - ior as my all in all,

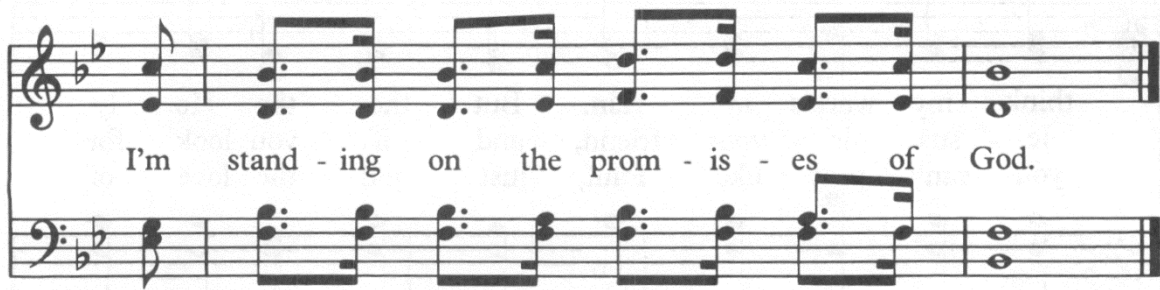
stand - ing on the prom - is - es of God.
 stand - ing on the prom - is - es of God.
 stand - ing on the prom - is - es of God.
 stand - ing on the prom - is - es of God.

Refrain

Stand - ing, stand - ing,
 Stand - ing on the prom - is - es, stand - ing on the prom - is - es,

stand - ing on the prom - is - es of God my Sav - ior;

stand - ing, stand - ing,
 stand - ing on the prom - is - es, stand - ing on the prom - is - es,



WORDS: R. Kelso Carter, 1886 (Eph. 6:14-17)
MUSIC: R. Kelso Carter, 1886

PROMISES
11 11.11 9 with Refrain

Dismissal

Celebrant: Alleluia, Alleluia, Let us go forth in the Name of Christ

All: **Thanks be to God, Alleluia, Alleluia**

♪ Postlude

“Worthy”

Todd Beaney

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Eucharist Liturgy Adapted from The Iona Abbey Worship Book

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Ministers of the Service

Celebrant:	The Rev. Dr. Caroline Hall
Preacher:	Jen Crompton
Eucharistic Minister:	Michael Lucas
Lector:	Jane Wu
Cantor:	Lorienne Schwenk
Flowers:	Brian Spolarich
Ushers:	Maureen Titus and Sandy Fisher
Intercessor:	Jill Denton
Altar Guild:	Lorienne Schwenk
Online Hosts:	Elaine Beckham
Tellers:	Diana Hammerlund and Jane Wu
Piano:	Ann Lucas
Technical:	Hannah-Jaye Matthews

This Week at St Ben's

Tuesday

9:45a Prayers for the Morning

10:15a Spiritual Conversation Our conversation will be based on the great (and amusing) book, *The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life* by Father James Martin.

5:30p Vespers

Wednesday

11:00a Laundry Care

4:00p Laundry Care

Sunday

9:20a Bible Conversation

10:30a Eucharist

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