



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Second Sunday after Pentecost

June 2, 2014 10:30 am

You are warmly welcome at St. Benedict's for who you are
and where you are on your faith journey!

~ Prelude ~

Original Improvisation

Paul Burkle

Officiant: Blessed be the one, holy, and living God.

People: *Glory to God for ever and ever.*

All: *All-compassionate and most merciful 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.*

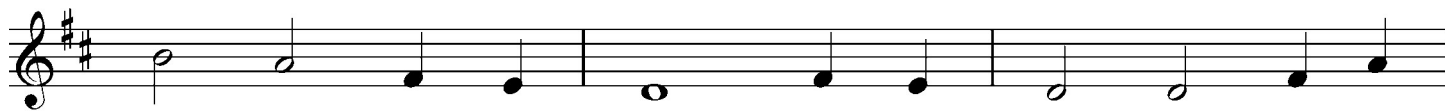
♪ Hymn #686

"Come Thou Fount of Every Blessing"

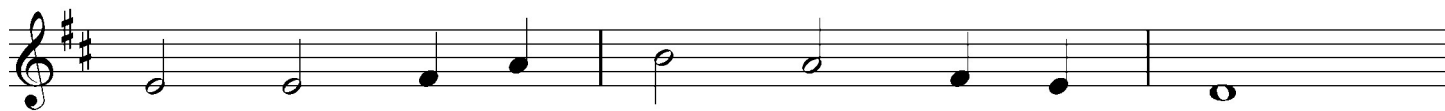
Blue Hymnal



1 Come, thou fount of ev - ery bless - ing, tune my
2 Here I find my great - est trea - sure; hith - er,
3 Oh, to grace how great a debt - or dai - ly



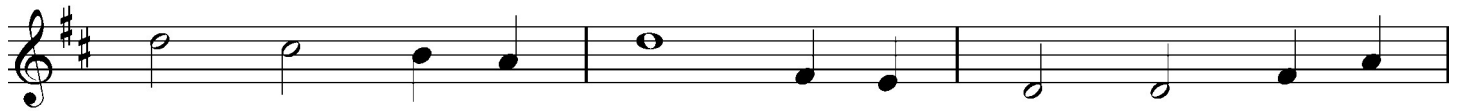
heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
 Je - sus sought me when a stran - ger wan - dering
 prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934).

Collect of the Day

Officiant: Christ be with you.

People: *And also with you.*

Officiant: Let us pray together.

All: *Unknown God whose name is not ours to claim and own: we come to you with empty hands and fragile foundations; free us from the desire to judge who is yours and who is not that we might live in freedom, rooted and grounded in your love alone; through Jesus Christ, the grace of God. Amen.*

1 Samuel 3:1-10

Reader: *A Reading from the first book of Samuel*

Now the boy Samuel was ministering to the Lord under Eli. The word of the Lord was rare in those days; visions were not widespread.

At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the Lord, where the ark of God was. Then the Lord called, "Samuel! Samuel!" and he said, "Here I am!" and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. The Lord called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." Now Samuel did not yet know the Lord, and the word of

the Lord had not yet been revealed to him. The Lord called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the Lord was calling the boy. Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place.

Now the Lord came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening."

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

People: *Thanks be to God*

Psalm 139:1-5, 12-17

LORD, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.

You trace my journeys and my resting-places *
and are acquainted with all my ways.

Indeed, there is not a word on my lips, *
but you, O LORD, know it altogether.

You press upon me behind and before *
and lay your hand upon me.

Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.

For you yourself created my inmost parts; *
you knit me together in my mother's womb.

I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.

My body was not hidden from you, *
while I was being made in secret
and woven in the depths of the earth.

Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written in your book; *
they were fashioned day by day,
when as yet there was none of them.

How deep I find your thoughts, O God! *
how great is the sum of them!

If I were to count them, they would be more in number than the sand; *
to count them all, my life span would need to be like yours.

2 Corinthians 4:5-12

Reader: *A Reading from Paul's second letter to the church in Corinth*

We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of

the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

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

People: Thanks be to God

♪ Hymn #628

“Help Us O Lord to Learn”

Blue Hymnal

1 Help us, O Lord, to learn the truths your word im - parts: to
2 Help us, O Lord, to live the faith which we pro - claim, that
3 Help us, O Lord, to teach the beau - ty of your ways, that

stu - dy, that your laws may be in - scribed up - on our hearts.
all our thoughts and words and deeds may glo - ri - fy your Name.
yearn - ing souls may find the Christ and live a life of praise.

Words: William Watkins Reid, Jr. (b. 1923), alt. Copyright © 1959 by the Hymn Society. (admin. Hope Publishing Company, Carol Stream, IL 60188.) All Rights Reserved. Used by permission. Music: *St. Ethelwald*, William Henry Monk (1823-1889).

Mark 2:23-3:6

Officiant: The Holy Gospel of Our Savior Jesus Christ According to Mark

People: Glory to You, Lord Christ.

One sabbath Jesus and his disciples were going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his

companions.” Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.”

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, “Come forward.” Then he said to them, “Is it lawful to do good or to do harm on the sabbath, to save life or to kill?” But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

Officiant: The Gospel of Christ

People: *Praise to You, Lord Christ.*

Sermon

Lisa Gonzalez

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

Affirmation of Faith

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 was made man.
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.
With the Father and the Son he is worshiped and glorified.*

*He 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

We give you thanks for the light that is revealed to us in the face of our Lord Jesus Christ. Holy One, enlighten your church where its vision is dim and the light of the gospel is nearly gone out. We pray for spiritual renewal, for an increase in vision and hope. We remember all who are prophets and visionaries today. The Lord is our hope. **God is our joy and strength.**

Holy One, direct all who are seeking to improve the world. We pray for peace-makers, for relief agencies, for all involved in scientific research, for all who hunger and thirst for righteousness; that the poor may receive what is needful for their welfare. The Lord is our hope. **God is our joy and strength.**

We give thanks for all who led us to you, all who shared their insight and knowledge, all who kept the lamp of faith burning. We pray for those who have maintained the church, for those who have been accepting and understanding. The Lord is our hope. **God is our joy and strength.**

We pray for all who have entered into weakness, sadness, or trouble this week; all who have been injured in accidents or living with chronic illness at this time. We pray for the afflicted, the perplexed, the persecuted and all who feel forsaken. The Lord is our hope. **God is our joy and strength.**

We remember especially those for whom prayers are requested in our bidding book.

[here prayers are added from the bidding book and
you are invited to add your own prayers silently or aloud]

We rejoice that the afflicted will know affection, the perplexed will discover your purpose, the persecuted will come to your peace, the forsaken will be enfolded in love, in the fullness of your peace. We pray for loved ones departed. The Lord is our hope. **God is our joy and strength.**

Officiant: God of light and power and glory, we rejoice in your light, we live by your power, we look for your glory. Open our eyes to behold your presence, that we may give ourselves to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. **Amen.**

Adapted from *Traces of Glory* by David Adam 1999

Confession and Absolution

Let us confess our sins against God and our neighbor.

All: ***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.*

Officiant: May the All-Compassionate God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

The Peace

Officiant: Power belongs to God, it does not come from us; in him is our joy, our hope and our peace. The peace of Christ be always with you.

People: *And also with you.*

Please greet others in the chat.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or special concern, please share in the chat.

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/lives; 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.*

Transition Prayer

*O Lord,
You are the light that illumines our path.
You are the map that gives us direction.
You are the peace that makes us strong.
You are the guide whom we faithfully follow.
May your light illuminate our entire lives.
And your guidance bring direction to our work.
May we find inspiration in your Word,
And peace in our hearts as we follow you. Amen.*

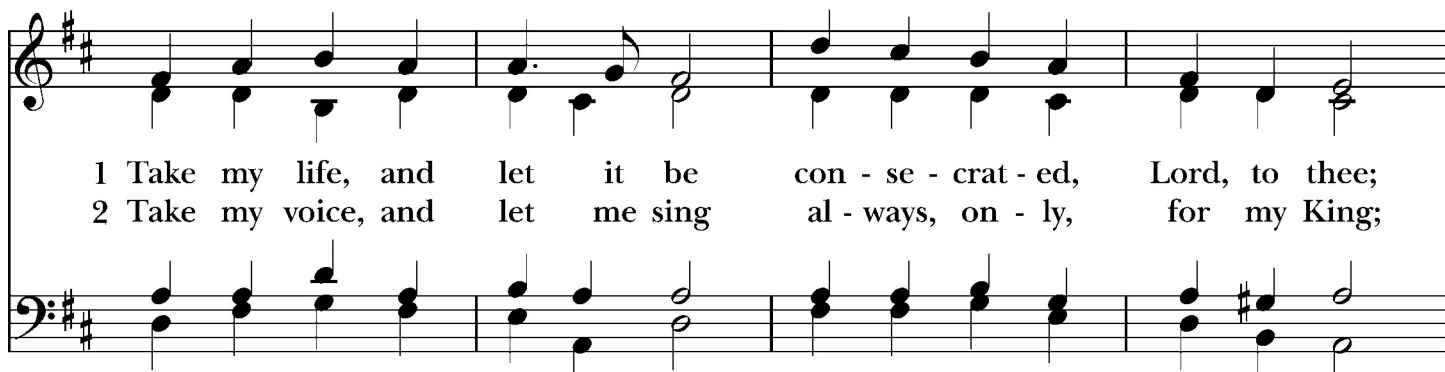
The Offertory

You can contribute at our website www.stbenslososos.org at any time.

♪ Hymn #707

“Take My Life and Let It Be”

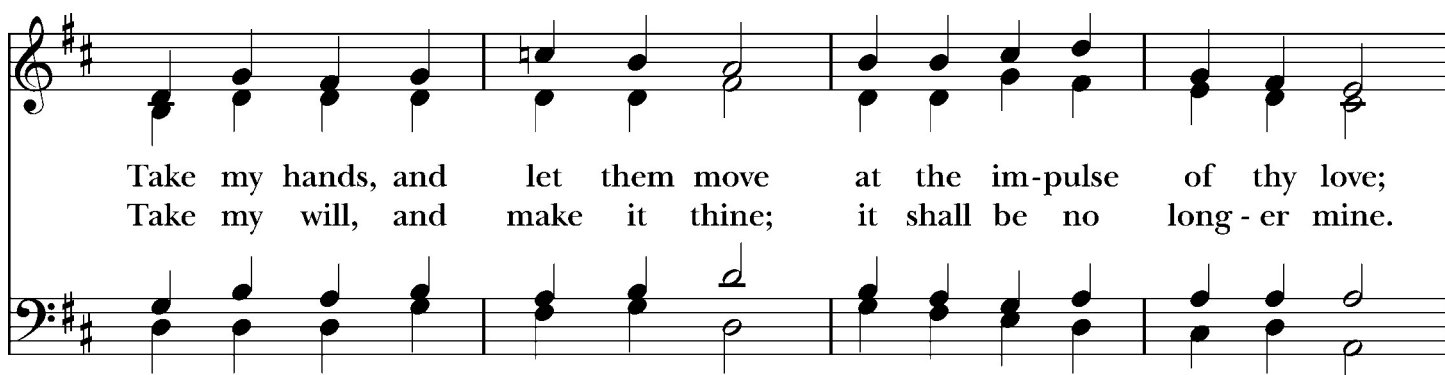
Blue Hymnal



1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;



take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.



Take my hands, and let them move at the im-pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.



take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876).

♪ 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*

The General Thanksgiving

*All: Holy One, author of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.*

(silence)

The Lord's Prayer

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

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.*

Blessing

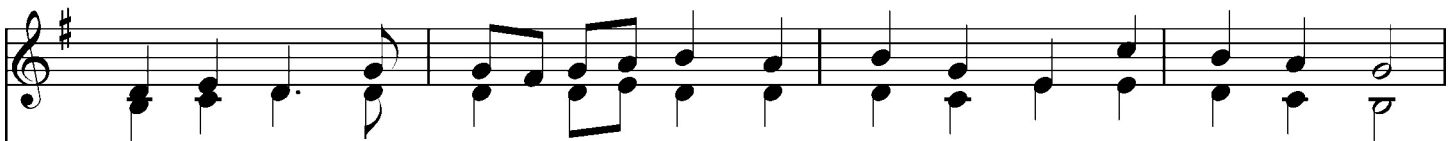
Officiant: Live without fear: our Creator has made us holy, has always protected us, and loves us as a parent. Go in peace to follow the good road and may God's blessing be with you always. *Amen.* (source: from Saint Clare)

Announcements

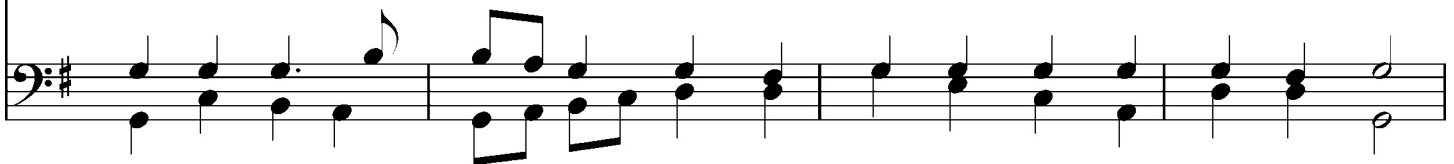
♪ Hymn #594

“God of Grace and God of Glory”

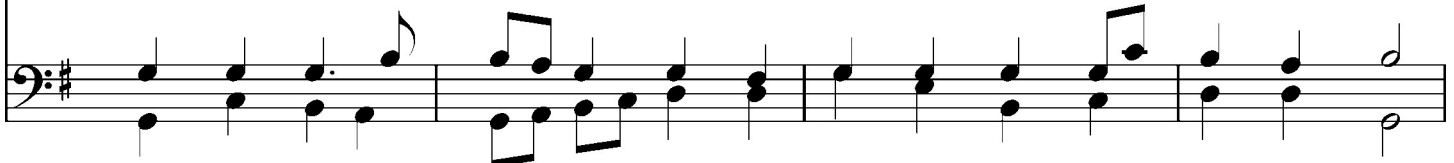
Blue Hymnal



1 God of grace and God of glo - ry, on thy peo - ple pour thy power;
2 Lo! the hosts of e - vil round us scorn thy Christ, as - sail his ways!
3 Cure thy chil - dren's war - ring mad - ness, bend our pride to thy con - trol;
4 Save us from weak res - ig - na - tion to the e - vils we de - plore;



crown thine an - cient Church's sto - ry; bring her bud to glo - rious flower.
From the fears that long have bound us free our hearts to faith and praise:
shame our wan - ton, self - ish glad - ness, rich in things and poor in soul.
let the gift of thy sal - va - tion be our glo - ry ev - er - more.



Grant us wis - dom, grant us cour - age, for the fac - ing of this
grant us wis - dom, grant us cour - age, for the liv - ing of these
Grant us wis - dom, grant us cour - age, lest we miss thy king - dom's
Grant us wis - dom, grant us cour - age, serv - ing thee whom we a -



hour, for the fac - ing of this hour.
 days, for the liv - ing of these days.
 goal, lest we miss thy king - dom's goal.
 dore, serv - ing thee whom we a - dore.

Words: Harry Emerson Fosdick (1878-1969), alt. By permission of the author. Music: *Cwm Rhondda*, John Hughes (1873-1932).

Dismissal

Officiant: Let us go forth into the world,
 rejoicing in the power of the Spirit.

All: *Thanks be to God.*

♪ Postlude

Original Improvisation

Paul Burkle

Today's Liturgy

is from the outline in the Book of Common Prayer.

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Ministers of the Service

Officiant:	Lisa Gonzalez
Preacher:	Lisa Gonzalez
Liturgical Assistant:	Helen Schnieders
Lector:	Diana Hammerlund
Flowers:	Brian Spolarich
Music:	Paul Burkle
Ushers:	Alan Kiste & Brian Spolarich
Intercessor:	Lisa Gonzalez
Altar Guild:	Diana Hammerlund
Online Host:	Jane Wu
Tellers:	Alice Welchert & Bryson McKelvey
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Monday	June 3
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	June 4
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Sunday	June 9
8:00a	Contemplative Eucharist
10:30a	Eucharist Service

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Lisa Gonzalez (805-441-3386). If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslososos.org and requests for pastoral care may be sent to pastoralcare@stbenslososos.org.

The Tuesday Morning Prayers & Spiritual Discussion group - We will be taking a look at Marilynne Robinson's Reading Genesis, which is "a powerful consideration of the profound meanings and promise of God's enduring covenant with humanity. This magisterial book radiates gratitude for the constancy and benevolence of God's abiding faith in Creation." You do not have to read the book to participate. Tuesdays at 10:30 on Zoom.

Benediction Articles Due June 10th - Please send articles, pictures, cartoons, and announcements to Cathy Gildea so that we can include them in our summer edition of the Benediction newsletter. Themes for summer include LGBTQ+ Pride month, Juneteenth, and St. Benedict's Day.

Men's Ministry in the 21st Century - Province VII of the Brotherhood of St. Andrew is having a retreat at Barnabas's on **Saturday 1 June, from 10:00 am to 4:00 pm**. The retreat will combine prayer and study. We will explore: What is men's ministry in a non-binary world? There will be ample time for prayer, reflection, and the exchange of ideas. There will also be time for socializing. Both men and women are cordially invited to attend.

The Brotherhood of St. Andrew is one of the oldest auxiliary bodies associated with the Episcopal Church. At the behest of President Theodore Roosevelt, it was chartered by Congress! Here is some recommended reading:

- *The Intimate Connection: Male Sexuality, Masculine Spirituality*, James B. Nelson
- *A Thorn in the Flesh: How Gay Sexuality is Changing the Episcopal Church*, Caroline J. Addington Hall

Please contact Eric Fisher at 805-704-0238 or proviiiipresident@brothersandrew.net for more details.

The Altar Guild serves each Sunday by setting up and creating sacred space and then putting the vessels and linens away at the end as well as by looking after everything we use in worship. There are openings for two or more people to join the team. If God is calling you to this special ministry please talk to Diana Hammerlund.

Potluck Reminder

A reminder that all organic waste must now be put into a green container not into the trash. Thank you to Ron Thompson for getting us a new compost container - note that it is WHITE. Less organic waste in the landfill means less methane and less global warming. In SLO County green waste means food waste and paper napkins/paper towels that have been used for food waste, flowers and other organic material but NOT items that are labeled compostable like plates, cutlery etc. Thank you for caring for the planet and obeying the law. No bags of any kind may go in the compost or the recycle bins.

Vestry / Parish Council

- Maureen Titus, Presiding Warden
- Berkeley Johnson, People's Warden
- Lisa Gonzalez, Treasurer
- Cathy Gildea, Clerk
- Pamela Bleisch
- Sarah Chesebro
- Esta Kandarian
- Michael Lucas
- Brian Spolarich
- Sandy Fisher

The Council usually meets on the 3rd Sunday of the month at 12:30pm. Anyone is welcome to attend.

ON-GOING ACTIVITIES AT ST. BEN'S

ABUNDANCE SHOP– Thrift shop at 2025 9th St.

COMMUNITY DINNER – Providing and serving food at SBCC, on 1st Wednesday of odd-numbered months, in conjunction with Los Osos Cares.

EARTHCARE – Discussion/action group seeking local solutions to environmental concerns. 3rd Wednesdays 3:00 pm on ZOOM

HEALING SERVICE – A time for prayers for healing at the 10:30 service on 5th Sundays.

LAUNDRY LOVE – Helping low-income families with funds, soap, and friendly assistance at Osos Clean Laundry. 11am and 4pm on last Wednesday of each month.

MEN'S BREAKFAST GROUP – Morning social gathering, 3rd Saturdays 9am at Celia's Garden Cafe

PEOPLE'S KITCHEN – Providing and serving lunch at 40 Prado, 1st Saturday of even numbered months

SPIRITUAL CONVERSATION - a lively on-line conversation, often based on a book. Tuesdays 10:15am

Land Acknowledgment

We acknowledge 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 we 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 inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.

Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.

We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.



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