



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Tenth Sunday after Pentecost

July 28, 2024 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

Celebrant: Blessed be God: Creator, Word, and Holy Spirit.

People: *And blessed be his kin—dom, now and for ever. Amen.*

Celebrant: Let us pray.

*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 #7

### "Christ Whose Glory Fills the Skies"

Blue Hymnal

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,  
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;  
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:  
joy-less is the day's re - turn, till thy mer - cy's beams I see,  
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.  
till they in - ward light im - part, glad my eyes, and warm my heart.  
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley (1707-1788). Music: *Ratisbon*, melody from *Geystliche gesangk Buchleyrn*, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

## Collect of the Day

Celebrant: God be with you.

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

Celebrant: Let us pray together.

**All:** *God of true abundance, in whom nothing is lost and all are fed: liberate us from meager rations of scarce and grudging love for which we must compete; show us another kin-dom which stills our all-consuming fear and fills us with new hope; through Jesus Christ, the peace of creation. Amen.*

Adapted from Prayers for an Inclusive Church, Steven Shakespeare

## 2 Samuel 11:1-15

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

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem.

It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, "This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite." So David sent messengers to get her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, "I am pregnant."

So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, "Go down to your house, and wash your feet." Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his lord, and did not go down to his house. When they told David, "Uriah did not go down to his house," David said to Uriah, "You have just come from a journey. Why did you not go down to your house?" Uriah said to David, "The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing." Then David said to Uriah, "Remain here today also, and tomorrow I will send you back." So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his

presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house.

In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, "Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die."

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

*People: Thanks be to God.*

## **Psalm 14**

The fool has said in his heart, "There is no God." \*  
All are corrupt and commit abominable acts;  
there is none who does any good.

The LORD looks down from heaven upon us all, \*  
to see if there is any who is wise,  
if there is one who seeks after God.

Every one has proved faithless;  
all alike have turned bad; \*  
there is none who does good; no, not one.

Have they no knowledge, all those evildoers \*  
who eat up my people like bread  
and do not call upon the LORD?

See how they tremble with fear, \*  
because God is in the company of the righteous.

Their aim is to confound the plans of the afflicted, \*  
but the LORD is their refuge.

Oh, that Israel's deliverance would come out of Zion! \*  
when the LORD restores the fortunes of his people,  
Jacob will rejoice and Israel be glad.

## **Ephesians 3:14-21**

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

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

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

*People: Thanks be to God.*

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.

Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: *Schmücke dich*, melody Johann Crüger (1598-1662); harm. *The English Hymnal*, 1906.

## John 6:1-21

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

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

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, “Where are we to buy bread for these people to eat?” He said this to test him, for he himself knew what he was going to do. Philip answered him, “Six months’ wages would not buy enough bread for each of them to get a little.” One of his disciples, Andrew, Simon Peter’s brother, said to him, “There is a boy here who has five barley loaves and two fish. But what are they among so many people?” Jesus said, “Make the people sit down.” Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, “Gather up the fragments left over, so that nothing may be lost.” So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, “This is indeed the prophet who is to come into the world.”

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

Gospeller: *The Gospel of Christ.*

People: *Praise to You, Lord Christ.*

## Sermon

Sr. Greta Ronningen

[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 became truly human.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We trust in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
Who with the Father and the Son is worshiped and glorified,  
who has spoken through the Prophets.  
We trust in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.*

*We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.*

## **Prayers of the People**

Lord, in all of life you provide for us, you feed us, you support us, you love us, you fill us with the glory of your presence; Lord, as we have greatly received, may we share with others.

May we share the Good News and share our prosperity. We pray for relief organizations, especially Los Osos Cares, CASA, Firstfruits Farm SLO, Prado Day Center, Hope's Village, Meals that Connect, and others.

Lord, you open your hands *and you meet our needs*.

Creator God, bless all who provide us with our needs: we pray for the farmers and the fishermen of our world, especially in areas where crops have failed, for all who have suffered through storms and disasters. We remember all who transport food and all who sell it in shops. Lord, you open your hands *and you meet our needs*.

Lord, we pray for all who are without resources, homes where there is hunger and poverty, places where people suffer from malnutrition. all peoples who are greatly in debt, for those who have had homes or possessions repossessed. Lord, you open your hands *and you meet our needs*.

We pray for all who are storm-tossed at this time, for all who are struggling to survive.  
We pray for friends and loved ones who are ill, for all who can no longer cope alone,  
for the fearful and the anxious. Lord, you open your hands *and you meet our needs*.

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

We remember all who have gone beyond the storms of life and are now at peace in your eternal presence. We pray for friends and loved ones departed. Lord, you open your hands *and you meet our needs*.

Celebrant: Lord, throughout our lives we hunger and thirst for you, we long for you, we look for you; nothing in this world can fill us unless you come to us. Lord we will perish, we will sink amid the storms unless you uphold us, come enfold us in your peace, O Christ our Lord, who with the Father and the Holy Spirit are one God, for 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: *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.*

## **The Peace**

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

*People: And also with you.*

Please greet each other 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**

Author Unknown

*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.*

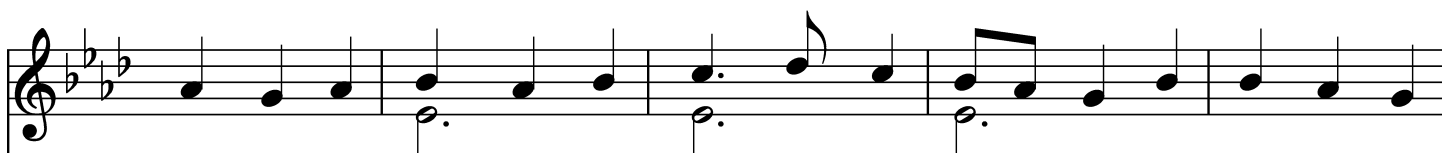
## **The Offertory**

*You can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.*

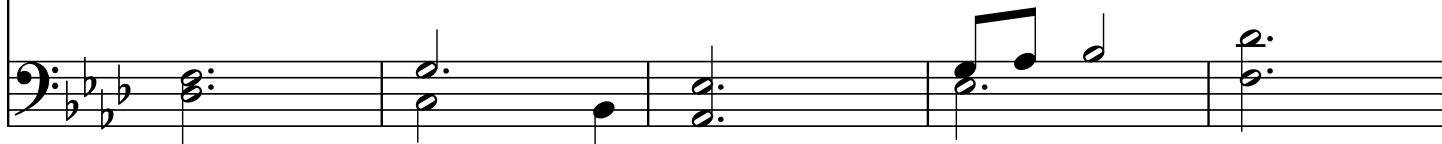




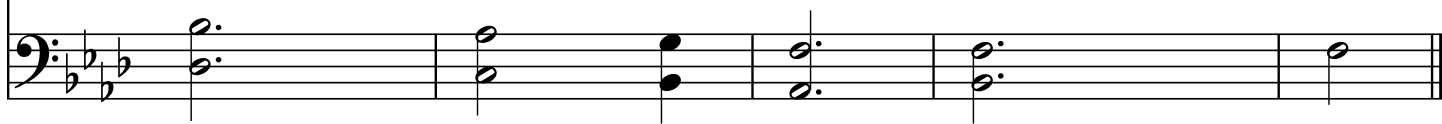
1. These three are the treasures to strive for and prize: be  
 2. If mer-cy's a - ban - doned by those who'd be brave, e -  
 3. Be gen - tle and you can af - ford to be bold, be  
 4. Through gen - tle - ness those who at - tack win the fight, and



gen - tle, live sim - ply and have the hum - il - it - y to shy from the  
 con - o - my squan - dered by those who'd be gen - er - ous, hu - mil - i - ty  
 fru - gal and so have e - nough to be lib - er - al, be hum - ble and  
 those who de - fend have their safe - ty in gen - tle - ness; this gen - tle - ness



strugg - le to put one - self first, these are the pearls.  
 slight - ed by those who would lead, this is sure death.  
 thus be a lead - er of all, this is the way.  
 rests in the chil - dren of God, this is their sign.



## ♪ 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

Celebrant:

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: May Christ 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 siblings 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

S-124

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: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

*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*

## **The Lord's Prayer**

from **A New Zealand Prayer Book**

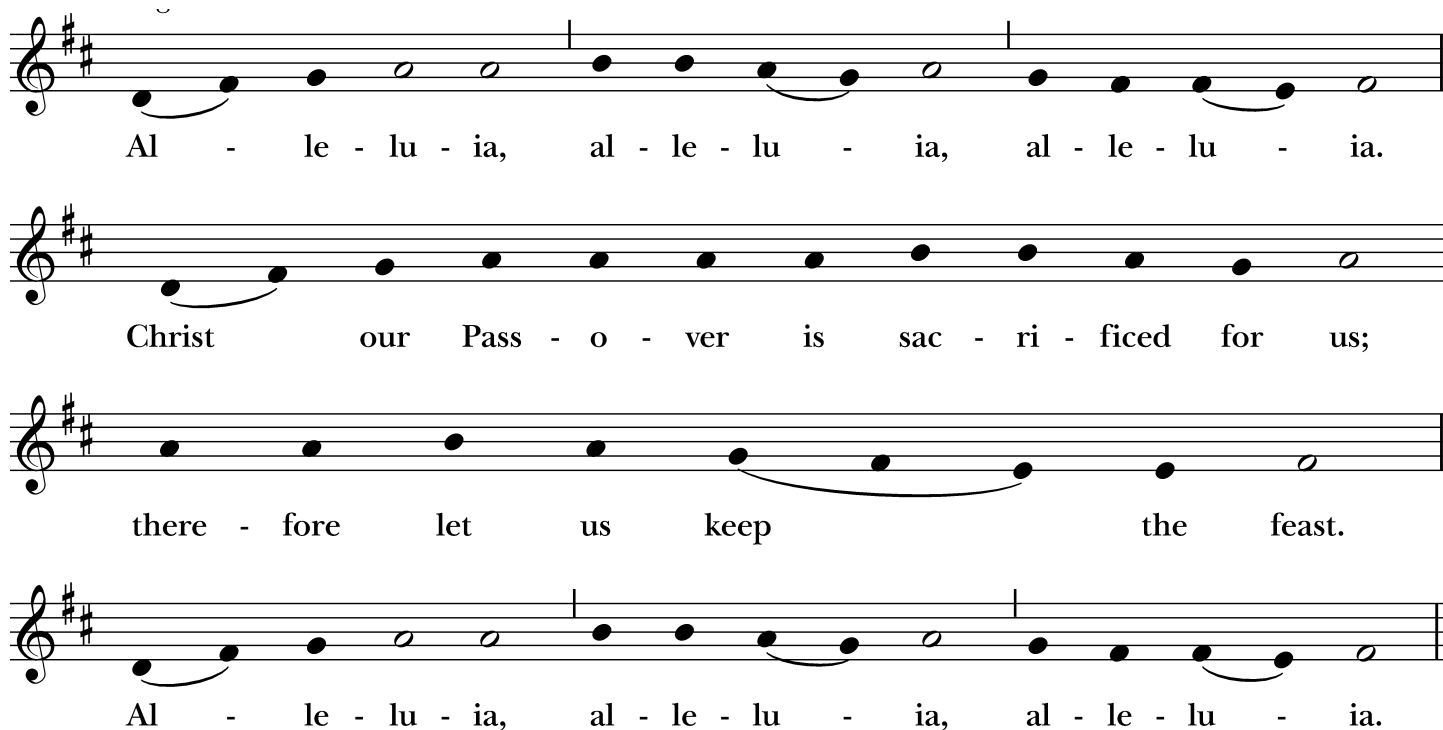
*And now, as our Savior Christ has taught us, we are bold to say,  
Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:  
The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples 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 you reign in the glory of the power that is love, now and for ever.  
Amen.*

## **The Breaking of the Bread**

The celebrant breaks the Bread

## ♪ Fraction Anthem

S154



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.  
Christ our Pass - o - ver is sac - ri - ficed for us;  
there - fore let us keep the feast.  
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

## Holy Communion

Celebrant: The Gifts of God for the People of God.

*If God is calling you, you are welcome and invited to receive communion.  
Please contact the church office to arrange to receive communion in your home.*

## ♪ Communion Music

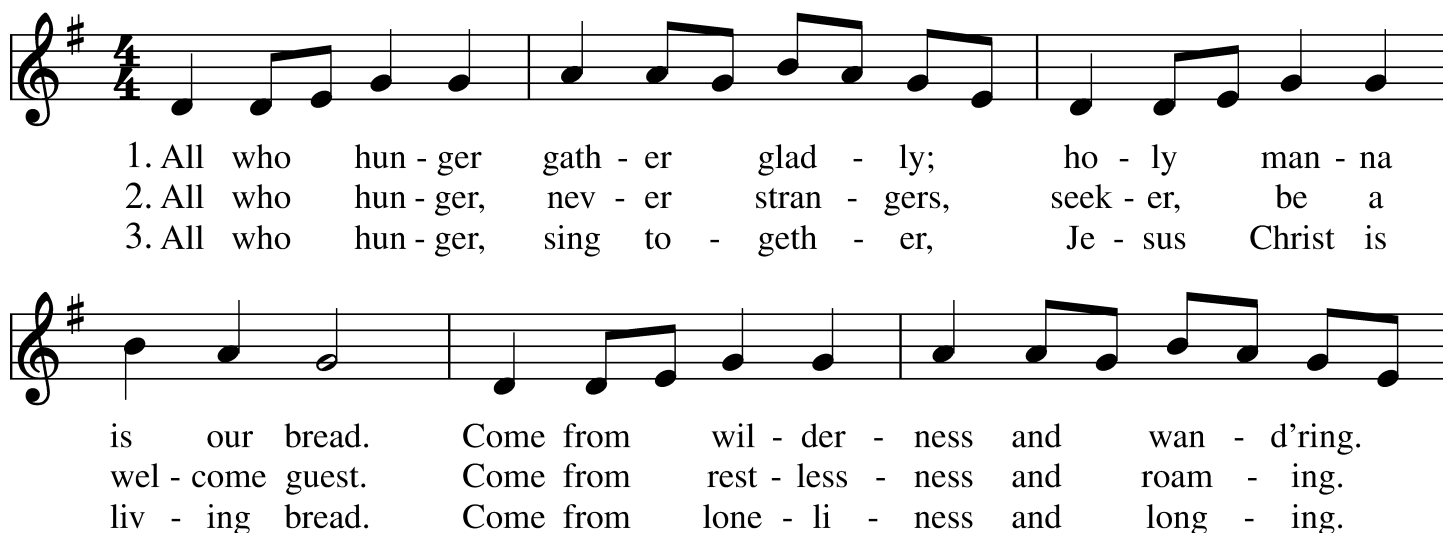
*Original Improvisation*

Paul Burkle

## ♪ Hymn

### “All Who Hunger Gather Gladly”

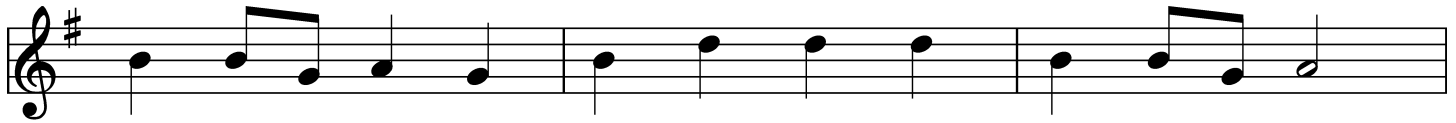
WLP 761



1. All who hun - ger gath - er glad - ly; ho - ly man - na  
2. All who hun - ger, nev - er stran - gers, seek - er, be a  
3. All who hun - ger, sing to - geth - er, Je - sus Christ is  
is our bread. Come from wil - der - ness and wan - d'ring.  
wel - come guest. Come from rest - less - ness and roam - ing.  
liv - ing bread. Come from lone - li - ness and long - ing.



Here in truth we will be fed. You that yearn for  
 Here, in joy we keep the feast. We that once were  
 Here, in peace, we have been fed. Blest are those who



days of full - ness, all a - round us is our food.  
 lost and scat - tered in com - mun - ion's love have stood.  
 from this ta - ble live their days in grat - i - tude.



Taste and see the grace e - ter - nal.  
 Taste and see the grace e - ter - nal.  
 Taste and see the grace e - ter - nal.



Taste and see that God is good.  
 Taste and see that God is good.  
 Taste and see that God is good.

*Harmony (the melody is in the tenor)*



1. All who hun - ger gath - er glad - ly; ho - ly man - na  
 2. All who hun - ger, nev - er stran - gers, seek - er, be a  
 3. All who hun - ger, sing to - geth - er, Je - sus Christ is



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 lost and scat - tered in com - mun - ion's love have stood.  
 from this ta - ble live their days in grat - i - tude.

Taste and see the grace e - ter - nal. Taste and see that God is good.  
 Taste and see the grace e - ter - nal. Taste and see that God is good.  
 Taste and see the grace e - ter - nal. Taste and see that God is good.

Words: Sylvia G. Dunstan (1955-1993). Music: *Holy Manna*, from *The Southern Harmony*, 1835; alt. harm., *Columbian Harmony*, 1825.

Silence

### **Sending of the Eucharistic Visitor**

When the congregation is extended to those who need the Eucharist brought to them at any place outside our walls, we say the following to send our Lay Eucharistic Visitors or other Ministry Team members out with care and blessings. If no visitation is to be made that week, the prayer is not said.

Celebrant: In the name of this parish family, I send you forth, bearing these holy gifts, to \_\_\_\_\_.  
 Together, we share in the body and blood of Christ. And We who are many are one Body because we share one Bread and one Cup.

**All:** *We who are many are one Body, because we share one Bread and one Cup. Amen*

## Prayer

*God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen*

## Blessing

Celebrant: God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always. Amen.

## Announcements

### ♪ Hymn #397

### "Now Thank We All Our God"

Blue Hymnal

1 Now thank we all our God, with heart, and hands, and voices,  
2 O may this bounteous God through all our life be near us!  
3 All praise and thanks to God the Father now be given,

who wondrous things hath done, in whom his world rejoices;  
With ever-joyful hearts and blessed peace to cheer us;  
the Son, and him who reigns with them in highest heaven,

who from our mother's arms hath blessed us on our way  
and keep us in his grace, and guide us when perplexed,  
eternal, Triune God, whom earth and heaven adore;

with count-less gifts of love, and still is ours to - day.  
and free us from all ills in this world and the next.  
for thus it was, is now, and shall be, ev - er - more.

Words: Martin Rinkart (1586-1649); tr. Catherine Winkworth (1827-1878), alt. Music: *Nun danket alle Gott*, melody Johann Cruger (1598-1662); harm. William Henry Monk (1823-1889), after Felix Mendelssohn (1809-1947).

## Dismissal

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

All: *Thanks be to God.*

## ♪ Postlude

*Original Improvisation*

Paul Burkle

Eucharist Liturgy Adapted from The Iona Abbey Worship Book  
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## Ministers of the Service

Celebrant:	Sister Greta Ronningen
Preacher:	Sister Greta Ronningen
Deacon:	Sharon Darymple
Eucharistic Minister:	Sarah Chesebro
Lector:	Sandy Fisher
Music:	Paul Burkle
Flowers:	Elaine Beckham
Ushers:	Maureen Titus & Connie Weldon
Intercessor:	Sandy Fisher
Altar Guild:	Pat Stoneman
Online Host:	Jane Wu
Tellers:	Bryson McKelvey & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Carol and Jerry Brubaker Walton



## This Week at St Ben's

Monday 3:30pm	Jul 29 Liturgy Committee Meeting (Zoom)
Wednesday 11:00am 4:00pm	Jul 31 Laundry Love Laundry Love
Saturday 12:00pm	Aug 3 People's Kitchen
Sunday 10:30am 12:00pm	Aug 4 Eucharist Service Potluck Lunch

**Personal Prayer:** If you'd like prayer support during the week, contact Sandy Fisher (616-805-2882). 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](mailto:prayers@stbenslososos.org) and requests for pastoral care may be sent to [pastoralcare@stbenslososos.org](mailto:pastoralcare@stbenslososos.org).

**Tuesday Morning Prayers & Spiritual Conversation will not be meeting this Tuesday, July 30th.**

**October 5th is Joan and Bills anniversary celebration they will be celebrating 70 years of marriage.** If you would like to visit they will be having a 1950s sock hop lunch @ 1445 Expo Parkway #323 in Sacramento, Ca.

**Reminder -** We are no longer accepting batteries, printer carts or lightbulbs for recycling.

**Cloister Groups are a great way for you to connect with other members of St. Benedict's.** Cloister leaders stay in touch with the members of their Cloister, offering regular contact and encouragement. Some Cloister groups stay in touch electronically; some have in-person gatherings. No agenda-- just connection. Questions? Want to join a group? Email Pamela at [pr.bleisch@gmail.com](mailto:pr.bleisch@gmail.com)

## 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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