



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Sixth Sunday after Pentecost

June 30, 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 ♪

“My Country Tis of Thee/Eternal Father Strong to Save”

Arr by Carol Tornquist

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

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

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.*

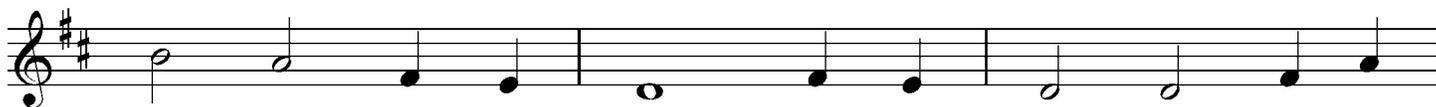
## ♪ Hymn 686

### “Come, Thou Fount”

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



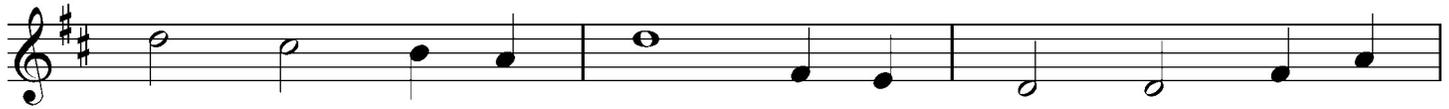
heart to sing thy grace! Streams of mer - cy nev - er  
by thy help, I've come; and I hope, by thy good  
I'm con - strained to be! Let thy good - ness, like a



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

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: ***O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.***

## 2 Samuel 5:1-5, 9-10

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

All the tribes of Israel came to David at Hebron, and said, "Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The LORD said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel." So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the LORD, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years.

David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inwards. And David became greater and greater, for the LORD, the God of hosts, was with him.

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

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

## **Psalm 48**

Great is the LORD, and highly to be praised; \*  
in the city of our God is the LORD's holy hill.

Beautiful and lofty, the joy of all the earth, is the hill of Zion, \*  
the city of the great Sovereign and the very center of the world.

God is in the citadels of Zion; \*  
God is known to be its sure refuge.

Behold, the rulers of the earth assembled \*  
and marched forward together.

They looked and were astounded; \*  
they retreated and fled in terror.

Trembling seized them there; \*  
they writhed like a woman in childbirth,  
like ships of the sea when the east wind shatters them.

As we have heard, so have we seen,  
in the city of the Lord of hosts, in the city of our God; \*  
God has established it for ever.

We have waited in silence on your loving-kindness, O God, \*  
in the midst of your temple.

Your praise, like your name, O God, reaches to the world's end; \*  
your right hand is full of justice.

Let Mount Zion be glad and the cities of Judah rejoice, \*  
because of your judgments.

Make the circuit of Zion; walk round about it; \*  
count the number of its towers.

Consider well its bulwarks; examine its strongholds; \*  
that you may tell those who come after.

This God is our God for ever and ever;  
God shall be our guide for evermore.

## 2 Corinthians 12:2-10

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

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows— was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

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

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

### ♪ Hymn #671

### “Amazing Grace”

Blue Hymnal

1 A - maz - ing grace! how sweet the sound, that  
2 'Twas grace that taught my heart to fear, and  
3 The Lord has prom - ised good to me, his  
4 Through man - y dan - gers, toils, and snares, I  
\* 5 When we've been there ten thou - sand years, bright

1 saved a wretch like me! I once was lost but  
2 grace my fears re - lieved; how pre - cious did that  
3 word my hope se - cures; he will my shield and  
4 have al - rea - dy come; 'tis grace that brought me  
5 shin - ing as the sun, we've no less days to

1 now am found, was blind but now I see.  
 2 grace ap - pear the hour I first be - lieved!  
 3 por - tion be as long as life en - dures.  
 4 safe thus far, and grace will lead me home.  
 5 sing God's praise than when we'd first be - gun.

*The melody may be sung in canon at distances of either two or three beats.*

Words: John Newton (1725-1807), alt.; st. 5, from *A Collection of Sacred Ballads*, 1790; compiled by Richard Broaddus and Andrew Broaddus. Music: *New Britain*, from *Virginia Harmony* 1831; adapt. att. Edwin Othello Excell (1851-1921); harm. Austin Cole Lovelace (b. 1919). Harmonization Copyright © 1974 by Abingdon Press.

## Mark 6:1-13

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

People: *Glory to You, Lord Christ.*

Jesus came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Gospeller: *The Gospel of Christ.*

People: *Praise to You, Lord Christ.*

## Sermon

The Rev. Jen Crompton

[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**

Lord, come into our weakness with your power, touch our eyes that they may behold your glory. Grant, O Lord, that your church may lead many to you; we pray for the outreach and mission of the faithful, for all who teach the faith and pass it on by example, for all who are quiet witnesses to what they believe, for each in their vocation and ministry. Lord, have mercy, *have mercy on us.*

God of love, guide communities which are growing in fellowship and in understanding. Direct all who are seeking to build up community life. We pray for local projects for local leaders. We seek your blessing upon this land and upon your world. Lord, have mercy, ***have mercy on us.***

Father, strengthen our bonds of love. We pray that children may be brought up with respect and freedom, that each may have proper spiritual nourishment. We pray for all who are undervalued or taken for granted, for the unnoticed workers in our community, for refuse collectors and street cleaners. Lord, have mercy, ***have mercy on us.***

We pray for all who have suffered hardship, persecution or calamity this week: for those injured in accidents or suddenly taken ill. We pray for all with the gifts of healing, for all who anoint the sick. Lord, have mercy, ***have mercy on us.***

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

Lord, give life to our loved ones departed, give them joy and peace in your eternal kingdom. Lord, have mercy, ***have mercy on us.***

Celebrant: O Lord of light and vision, open our eyes to behold your presence, to perceive your love and to see your purpose for us; that rejoicing in your presence and strengthened by your love we may do your will and become what you have called us to be; through Jesus Christ our Lord, who is alive 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 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    ***All Compassionate 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 one another in the chat if you so desire.

## **Birthday & Anniversary Prayers**

Those wanting a special prayer for a birthday, anniversary, or any special concerns, you are invited to 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**

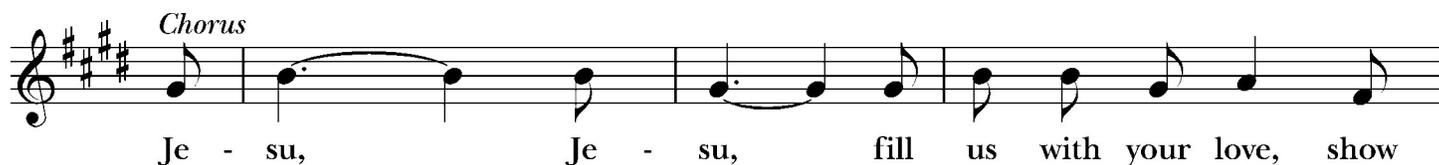
*You can contribute at our website [www.stbenslososos.org](http://www.stbenslososos.org) at any time.*

♪ Hymn #602

“Jesu, Jesu”

Blue Hymnal

*Chorus*



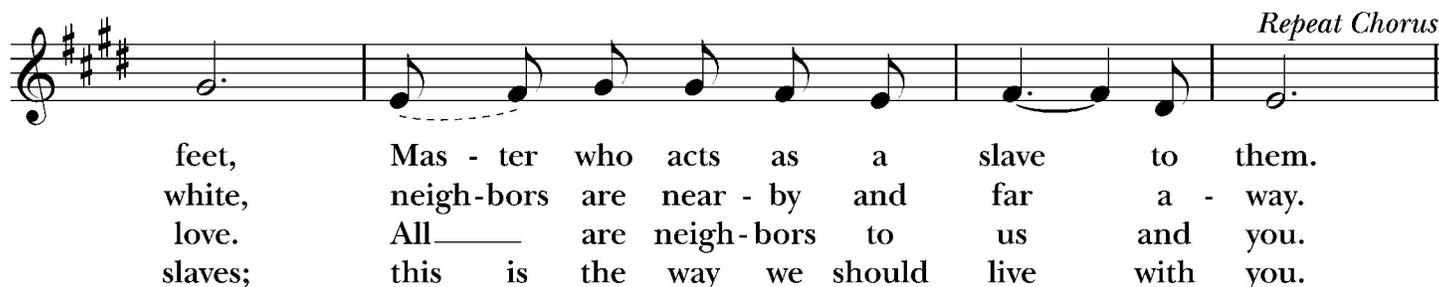
Je - su, Je - su, fill us with your love, show



us how to serve the neigh - bors we have from you.



- 1 Kneels at the feet of his friends, si - lent - ly wash - es their
- 2 Neigh - bors are rich — and poor, neigh - bors are black — and
- 3 These are the ones we should serve, these are the ones we should
- 4 Lov - ing puts us on our knees, serv - ing as though we were



*Repeat Chorus*

feet, Mas - ter who acts as a slave to them.  
 white, neigh - bors are near - by and far a - way.  
 love. All — are neigh - bors to us and you.  
 slaves; this is the way we should live with you.

Words: Ghanaian; tr. Thomas Colvin (b. 1925), alt. Copyright © 1969 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Chereponi [Jesu, Jesu]*, Ghanaian folk song, adapt. Thomas Colvin (b. 1925). Copyright © 1969 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission.

♪ 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

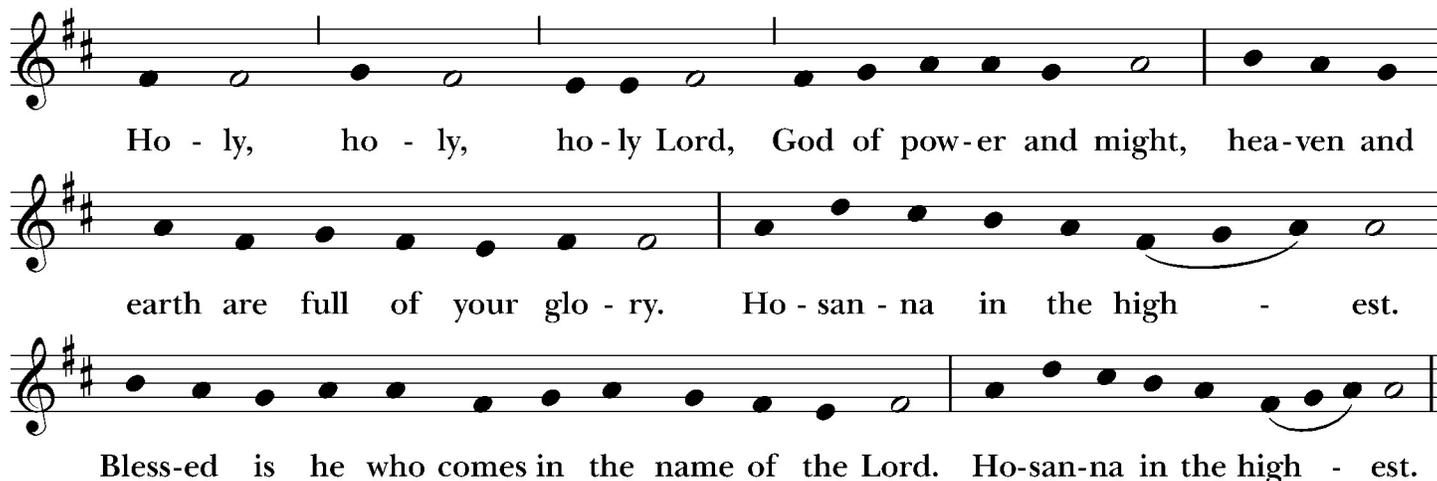
EOW Prayer 2

Celebrant The Lord be with you.  
 People *And also with you.*  
 Celebrant Lift up your hearts.  
 People *We lift them to the Lord.*  
 Celebrant Let us give thanks to the Lord our God.  
 People *It is right to give our thanks and praise.*

Celebrant We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a parent cares for their children, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

## ♪ Sanctus

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.

*The Celebrant continues*

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

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with Benedict and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

All: ***Through Christ and with Christ and in Christ,  
in the unity of the Holy Spirit,  
to you be honor, glory, and praise, for ever and ever. AMEN.***

## The Lord's Prayer

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.*

## The Breaking of the Bread

The celebrant breaks the Bread

### ♪ Fraction Anthem

S-154

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

*“The Power of Your Love/He Is Our Peace”*

Arr by Carol Tornquist



1 Strength - en for ser - vice, Lord, the hands that ho - ly  
 2 Lord, may the tongues which “Ho - ly” sang, keep free from  
 3 The feet that tread thy hal - lowed courts from light do



things have tak - en; let ears that now have  
 all de - ceiv - ing; the eyes which saw thy  
 thou not ban - ish; the bo - dies by thy



heard thy songs to clam - or nev - er wak - en.  
 love be bright, thy bless - ed hope per - ceiv - ing.  
 Bo - dy fed with thy new life re - ple - nish.

Words: Syriac Liturgy of Malabar; tr. Charles William Humphreys (1840-1921); alt. Percy Dearmer (1867-1936). By permission of Oxford University Press. Music: *Malabar*, David McKinley Williams (1887-1978). Copyright © The Church Pension Fund.

Silence

## Prayer

*Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ’s Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.*

## Blessing

Celebrant: The presence of the Creator enfold you,  
 the peace of the Savior be upon you,  
 the power of the Spirit be within you;  
 and the blessing of the Trinity be with you now and always.  
 Amen.

## Announcements

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.

## Dismissal

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

All: *Thanks be to God.*

## ♪ Postlude

*“Praise to the Lord the Almighty”*

Arr. by First Teresa Wilhelmhi

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## Ministers of the Service

Celebrant:	Rev. Jen Crompton
Eucharistic Minister:	Diana Hammerlund
Eucharistic Assistant:	Barbara Hirahara
Lector:	Bob Pelfrey
Music:	Ann Lucas
Flowers:	Sharon Porter
Ushers:	Jim Malone & Sandy Fisher
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Don Maruska
Tellers:	Alice Welchert & Steve Cake
Technical:	Hannah-Jaye Matthews

## This Week at St Ben's

Monday	Jul 8
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Jul 9
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)

## Announcements

**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)

**The Tuesday Morning Prayers & Spiritual Discussion group** - Over the summer we will be focusing on shorter mediations and videos rather than a book. Come join us! Tuesdays at 10:30 on [Zoom](#).

**PERSONAL PRAYER** – If you'd like prayer support during the week, contact Louisa Beeler (805) 543-2898. 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).

### **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.



**St. Benedict's Episcopal Church**  
**PO Box 6877**  
**2220 Snowy Egret Lane**  
**Los Osos, CA 93402**  
**805-528-0654**  
**office@stbenslososos.org**  
**www.stbenslososos.org**

