



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Ninth Sunday after Pentecost

July 21, 2024 10:30 am

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

About Our Service

If you'd like to request prayers for someone to have their names read out during the worship services on Sunday, please write them in the bidding book on the stand by the usher's station as you come into church.

We invite everyone to stand and sit as you are able during various parts of the service. Indicators are found within parentheses throughout the bulletin. Apologies if any are missing.

Please silence your phones.

During Communion

We have gluten-free wafers available. Please let your nearest usher know *before the service begins* if you would prefer a gluten-free wafer, and they will inform the celebrant. We use wine per the Canons of the Episcopal Church; it is offered either from the common cup or individual cups. If you prefer to abstain from alcohol for any reason, you may cross your arms over your chest and receive the cup by sight. Taking Communion with just one element (Bread) is considered complete.

~ Prelude ~

Original Improvisation

Paul Burkle

(please stand as you are able)

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 #432

“O Praise Ye the Lord”

Blue Hymnal

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

(please be seated for the readings)

Jeremiah 23:1-6

Reader: A Reading from the book of Jeremiah

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: "The Lord is our righteousness."

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

People: *Thanks be to God.*

Psalm 89:20-37

I have found David my servant; *
with my holy oil have I anointed him.

My hand will hold him fast *
and my arm will make him strong.

No enemy shall deceive him, *
nor any wicked man bring him down.

I will crush his foes before him *
and strike down those who hate him.

My faithfulness and love shall be with him, *
and he shall be victorious through my Name.

I shall make his dominion extend *
from the Great Sea to the River.

He will say to me, 'You are my Father, *
my God, and the rock of my salvation.'

I will make him my firstborn *
and higher than the kings of the earth.

I will keep my love for him for ever, *
and my covenant will stand firm for him.

I will establish his line for ever *
and his throne as the days of heaven."

"If his children forsake my law *
and do not walk according to my judgments;

If they break my statutes *
and do not keep my commandments;

I will punish their transgressions with a rod *
and their iniquities with the lash;

But I will not take my love from him, *
nor let my faithfulness prove false.

I will not break my covenant, *
nor change what has gone out of my lips.

continues on page 4

Once for all I have sworn by my holiness: *
'I will not lie to David.

His line shall endure for ever *
and his throne as the sun before me;

It shall stand fast for evermore like the moon, *
the abiding witness in the sky.' "

Ephesians 2:11-22

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

Remember that at one time you Gentiles by birth, called “the uncircumcision” by those who are called “the circumcision” —a physical circumcision made in the flesh by human hands— remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

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

People: Thanks be to God.

(please stand as you are able as we welcome the Gospel)

♪ **Hymn #633**

“Word of God”

Blue Hymnal

Mark 6:30-34, 53-56

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

People: Glory to You, Lord Christ.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Gospeller: The Gospel of Christ.

People: Praise to You, Lord Christ.

Sermon

The Rev. Karen Siegfried

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

(please stand as you are able)

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

Holy One, empower all whom you have called to be bishops, pastors and teachers to be good shepherds of your flock. Give them wisdom and vision in the leading of your people.

We pray for any who are seeking out the straying and the lost, those who are offering new hope and courage to the despairing. Faithful Shepherd, *hear us and guide us.*

Give guidance to all who seek to guide or reconcile others; protect all who are working with divided peoples, all peace-keeping forces and those who seek to maintain order. Direct all who work as Samaritans or in marriage guidance. Faithful Shepherd, ***hear us and guide us.***

Surround with your love all who are having difficulties in their relationships. We pray for all who are feeling betrayed or neglected, for all who are suffering from marriage breakdown, for children of broken homes or homes of hatred and violence. Faithful Shepherd, ***hear us and guide us.***

Good Shepherd, be with all who are harassed and helpless, all who feel alienated or hostile, those like sheep without a shepherd. We remember all who have lost their way, all fallen into vice and wickedness; that all may know the love and care of the Good Shepherd. Faithful Shepherd, ***hear us and guide us.***

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

We rejoice with all who are in the safety of your keeping in your kingdom, for all the saints in glory. We pray for our loved ones departed, and that we may come to share with them in eternal life. Faithful Shepherd, ***hear us and guide us.***

Celebrant: God of peace, whose Son Jesus Christ returned from the dead to become the Great Shepherd of your sheep, guide us into the ways of peace and mercy, equip us to do everything that is good and build us up to be a holy dwelling-place for you our God; through the same Christ, who with you and the Holy Spirit are one God, now and for 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.

To maintain safe social distancing, please simply greet others verbally or with a bow or nod.

Birthday & Anniversary Prayers

Those wanting a special prayer for a birthday, anniversary, or any special concerns, may come forward.
Prayers can be found on the white or yellow card in your pew.

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 are invited to make a thank offering, but if you do not contribute financially today please give thanks for God's
blessing as the plate is passed. You can contribute at our website www.stbenslososos.org at any time.*

♪ Hymn #605

“What Does the Lord Require”

Blue Hymnal

(please stand as you are able)

♪ 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.*

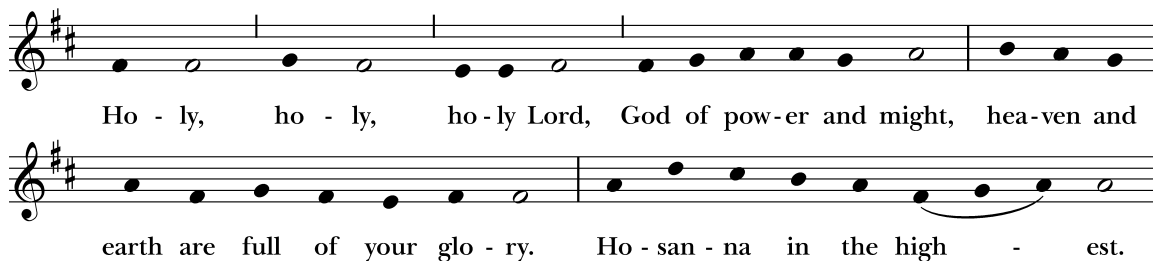
Celebrant Let us give thanks to the Lord our God.

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

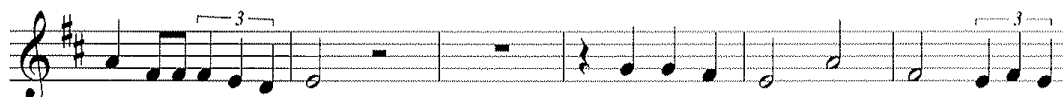
And now, as our Savior Christ has taught us, we are bold to sing,

Voice 

Our Fa-----ther in



Heaven Holy be- your name Your kingdom come; Your will be



done on earth as in heav'n. Give us this day our dai-----ly



bread. Forgive us our sins as we for- give those who sin a - gainst us.



Save us from the time of tri-al and de - li-ver-us from e-vil For the



king - dom the po-wer and the glo----- ry are yours now & for---e---ver



A -----men A -----men A -----men



A -----men A -----men.

Composer Jack Nobel White

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

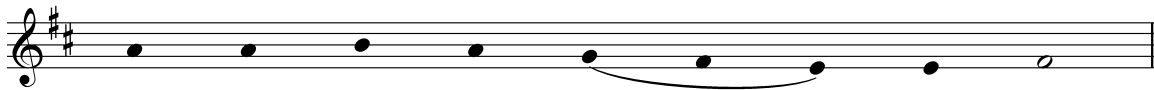
S-154



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 to receive communion when the celebrant invites your section forward. If you prefer to receive a blessing, please cross your arms over your chest. As your group is called forward, please spread out to widen the circle and increase safe social distancing.

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Hymn #343

“Shepherd of Souls”

Blue Hymnal

Silence

(please stand as you are able)

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.

Sending of the Eucharistic Visitor

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*

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

(please stand as you are able)

♪ Hymn #637

“How Firm a Foundation”

Blue Hymnal

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 Enriching Our Worship
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Ministers of the Service

Celebrant:	Rev. Karen Siegfriedt
Preacher:	Rev. Karen Siegfriedt
Deacon:	Sharon Dalrymple
Eucharistic Minister:	Michael Lucas
Lector:	John Horsley
Music:	Paul Burkle
Flowers:	Sarah Chesebro
Ushers:	Barbara Schippers & Connie Weldon
Intercessor:	Louisa Beeler
Altar Guild:	Sarah Chesebro
Online Host:	Jane Wu
Tellers:	Alice Welchert & Sandy Fisher
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Letty Cotta

This Week at St Ben's

Monday 3:30p	Jul 22 Liturgy Committee Meeting (Zoom)
Tuesday 9:45a 10:30a	Jul 23 Prayers for the Morning (Zoom) Spiritual Conversation (Zoom)
Thursday 3:00p	Jul 25 Healing Ministry
Sunday 10:30a	Jul 28 Eucharist Service

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Louisa Beeler (818-324-2646). 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.

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

An all-gender restroom is located through the white door at the left of the sanctuary. All other restrooms are located by exiting out the doors and going down the outdoor wooden walkway towards the red door and then down the hallway to the left. Please ask an usher for assistance if needed.

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tithini (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

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