



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Eleventh Sunday after Pentecost

August 4, 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 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.*

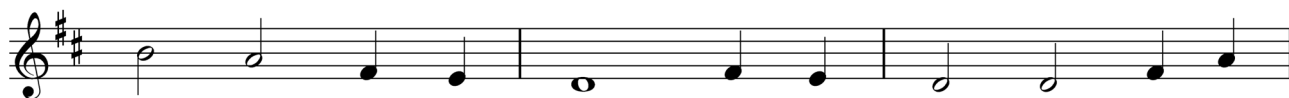
♪ Hymn #686

"Come, Thou Font"

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



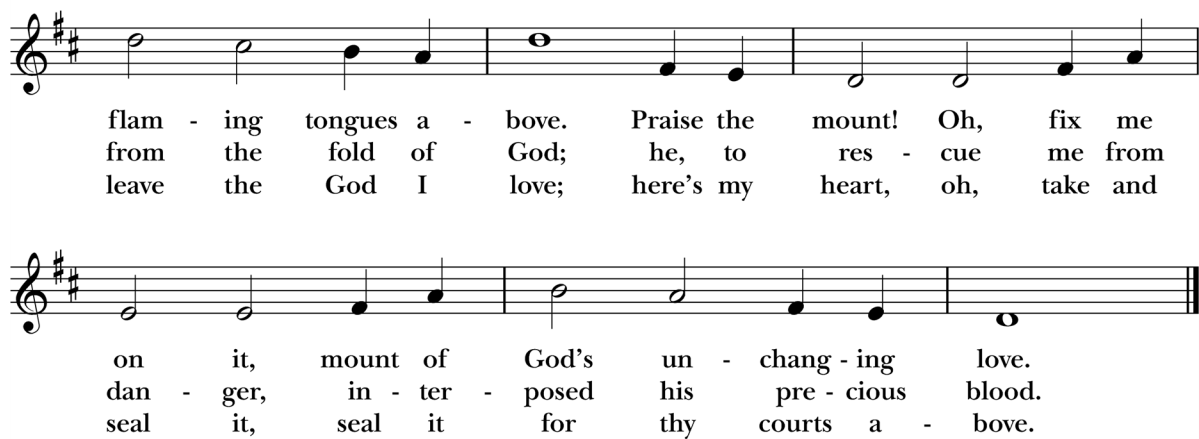
heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



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



flaming tongues above. 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 above.

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: ***God of Moses, who rained down bread on Israel's wandering people: lead us to the food that never leaves us craving, addicted to consuming, but fills our whole humanity with life enough for all; through Jesus Christ, the bread of heaven. Amen.***

2 Samuel 11:26-12:13a

Reader: A Reading from the second book of Samuel

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son.

But the thing that David had done displeased the LORD, and the LORD sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was greatly kindled against the man. He said to Nathan, "As the LORD lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity."

Nathan said to David, "You are the man! Thus says the LORD, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the LORD: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the LORD."

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

People: Thanks be to God

Psalm 51:1-13

Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.

Wash me through and through from my wickedness *
and cleanse me from my sin.

For I know my transgressions, *
and my sin is ever before me.

Against you only have I sinned *
and done what is evil in your sight.

And so you are justified when you speak *
and upright in your judgment.

Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.

For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.

Make me hear of joy and gladness, *
that the body you have broken may rejoice.

Hide your face from my sins *
and blot out all my iniquities.

Create in me a clean heart, O God, *
and renew a right spirit within me.

Cast me not away from your presence *
and take not your holy Spirit from me.

Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

Ephesians 4:1-16

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

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

"When he ascended on high he made captivity itself a captive;
he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us

come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

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

People: *Thanks be to God*

♪ Hymn #676 "There is a Balm in Gilead" Blue Hymnal

Refrain

The musical score is written in G major (one sharp) and 4/4 time. It consists of six staves of music with lyrics underneath. The first three staves form the main refrain. The fourth staff contains two alternative verses. The fifth staff continues the lyrics. The sixth staff is labeled 'Repeat Refrain' and concludes the piece.

There is a balm in Gil - e - ad, to make the wound - ed
 whole, there is a balm in Gil - e - ad, to
 heal the sin - sick soul. 1 2
 soul.

1 Some - times I feel dis - cour - aged, and
 2 If you can - not preach like Pe - ter, if you
 think my work's in vain, but then the Ho - ly
 can - not pray like Paul, you can tell the love of
Repeat Refrain
 Spi - rit re - vives my soul a - gain.
 Je - sus, and say, "He died for all."

Words: African-American spiritual. Music: *Balm in Gilead*, Afro-American spiritual; acc. David Hurd (b. 1950).

John 6:24-35

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

People: Glory to You, Lord Christ.

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

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 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

Holy One, we give you thanks for Holy Communion, and pray that we may live in Christ as he is in us. Bless all who minister the sacraments and care for your people. We pray for all who are being prepared for confirmation or baptism. Guide all who are working in mission and outreach. Good Shepherd, lead us, **and help us to do your will.**

Blessed are you, Lord God, for you give gifts to your people. We pray for social workers, caregivers, home helpers, for all who seek to meet the needs of others within their community. We pray especially today for those who live in deserts, in the barren areas of the world; for places where crops are meager or have failed. Good Shepherd, lead us, **and help us to do your will.**

Holy One, giver of all good things, we give you thanks for all who have provided for us. We pray for our homes and our loved ones, for all for whom we ought to provide; that we may be sensitive and caring in our community. Good Shepherd, lead us, **and help us to do your will.**

All Compassionate God, comfort all who have run out of power, all who lack energy or whose abilities are failing. We pray for those who are weak through hunger and neglect, for all who have become ill, and all who care for them. Good Shepherd, lead us, **and help us to do your will.**

We pray especially for those remembered in our bidding book.

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

Good Shepherd, lead us, **and help us to do your will.**

You are the God who heals and restores. We give thanks for all who have entered into newness of life in your peace. We pray for loved ones who serve you now in glory. Good Shepherd, lead us, **and help us to do your will.**

Celebrant: O Lord our God, you give us the true bread that comes down from heaven, even your Son Jesus Christ our Lord; grant that as we receive him into our lives we may be filled with the fullness of his love and abide in him as he abides in us; through the same Christ our Lord, who lives and reigns with you and the Holy Spirit, one God 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: Make every effort to maintain the unity of the Spirit in the bond of 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 #516

“Come Down, O Love Divine”

Blue Hymnal

1 Come down, O Love di - vine, seek thou this soul of mine,
 2 O let it free - ly burn, till earth - ly pas - sions turn
 3 And so the yearn - ing strong, with which the soul will long,

and vis - it it with thine own ar - dor glow - ing;
 to dust and ash - es in its heat con - sum - ing;
 shall far out - pass the power of hu - man tell - ing;

O Com - fort - er, draw near, with - in my heart ap - pear,
 and let thy glo - rious light shine ev - er on my sight,
 for none can guess its grace, till Love cre - ate a place

and kin - dle it, thy ho - ly flame be - stow - ing.
 and clothe me round, the while my path il - lum - ing.
 where - in the Ho - ly Spi - rit makes a dwell - ing.

♪ 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

EOW1

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.

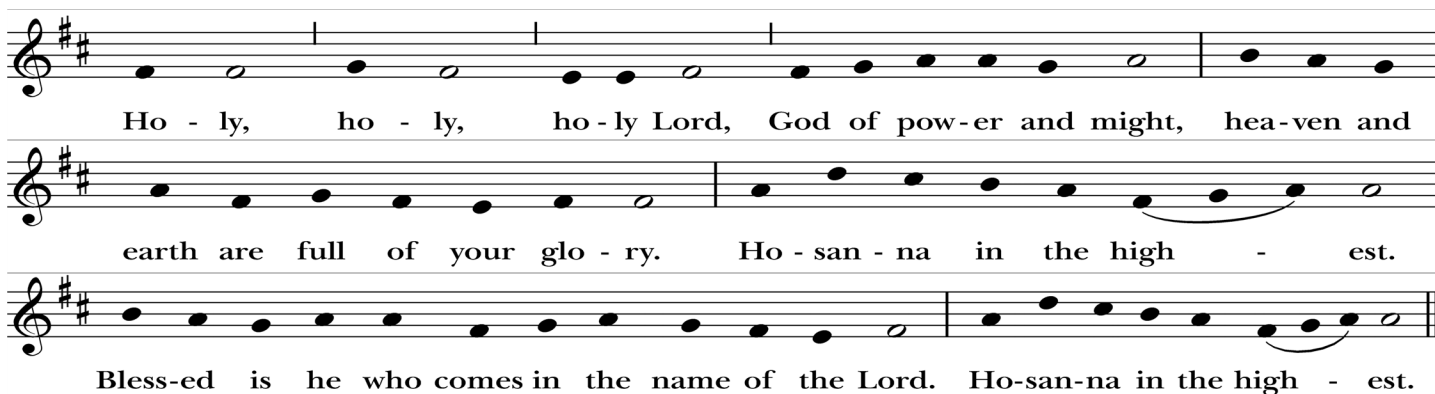
People *It is right to give our thanks and praise.*

Celebrant It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation 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

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people. Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving

himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, 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, and when he had given thanks, he 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."

Therefore we proclaim the mystery of faith:

**All: *Christ has died.
 Christ is risen.
 Christ will come again.***

Celebrant: Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your children, that with blessed Mary and blessed Benedict, and all your saints, past, present, and yet to come, we may praise your Name for ever.

**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

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

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 #340

“For the Bread”

Blue Hymnal

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 grace go with you, Christ's goodness be with you, the Spirit's guidance lead you, that you may walk in the way of peace, now and always. *Amen.*

Announcements

♪ **Hymn #680**

"O God Our Help"

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
© 1988 Church Publishing Incorporated Used with permission
Music reproduced and broadcast under OneLicense #A706314

Ministers of the Service

Celebrant:	Rev. Jen Crompton
Preacher:	Rev. Jen Crompton
Eucharistic Minister:	Michael Lucas
Eucharistic Assistant:	Barbara Hirahara
Lector:	Bryson McKelvey
Music:	Paul Burkle
Flowers:	Elaine Beckham
Ushers:	Barbara Schippers & Connie Weldon
Intercessor:	
Altar Guild:	Diana Hammerlund
Online Host:	Jane Wu
Tellers:	Steve Cake & Judith Cadigan
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Potluck

This Week at St Ben's

Monday	Aug 5
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Aug 6
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Sunday	Aug 11
10:30a	Eucharist Service

Announcements

Personal Prayer: Prayer requests may also be emailed at any time to prayers@stbensslosos.org and requests for pastoral care may be sent to pastoralcare@stbensslosos.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 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@stbenslosos.org
www.stbenslosos.org

