



St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Thirteenth Sunday after Pentecost

August 18, 2024 10:30 am

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

Commemorating the Ordination of Women in The Episcopal Church

2024 marks the 50th anniversary of the first ordination of women into priesthood in The Episcopal Church. These eleven women in Philadelphia were ordained as priests on July 29, 1974: Merrill Bittner, Alla Bozarth-Campbell, Alison Cheek, Emily Hewitt, Carter Heyward, Suzanne Hiatt, Marie Moorefield, Jeanette Piccard, Betty Schiess, Katrina Swanson, and Nancy Wittig. In 1976, the House of Bishops affirmed the validity of the ordinations and the General Convention approved the ordination of women to the priesthood, revising the canon to prevent any diocese from denying access to the ordination process solely on the grounds of gender. Today we commemorate and celebrate these women and all women and all the genderqueer people who follow in their footsteps.

-adapted from "An Episcopal Dictionary of the Church, A User Friendly Reference for Episcopalians," Don S. Armentrout and Robert Boak Slocum, editors. Church Publishing Incorporated, New York, NY, (All Rights reserved).

~ Prelude ~

Original Improvisation

Paul Burkle

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

People: *And blessed be God's kin-dom, now and for 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 #437

"Tell Out My Soul"

Blue Hymnal

1 Tell out, my soul, the great-ness of the Lord!
2 Tell out, my soul, the great-ness of his Name!
3 Tell out, my soul, the great-ness of his might!
4 Tell out, my soul, the glo-ries of his word!

Un - num - bered bless - ings give my spi - rit voice;
 Make known his might, the deeds his arm has done;
 Powers and do - min - ions lay their glo - ry by.
 Firm is his prom - ise, and his mer - cy sure.

ten - der to me the prom - ise of his word;
 his mer - cy sure, from age to age the same;
 Proud hearts and stub - born wills are put to flight,
 Tell out, my soul, the great - ness of the Lord

in God my Sa - vior shall my heart re - joice.
 his ho - ly Name— the Lord, the Might - y One.
 the hun - gry fed, the hum - ble lift - ed high.
 to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary*. Copyright © 1962 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Birmingham*, from *Repository of Sacred Music, Part II*, 1813; harm. *Songs of Praise*, 1925.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Divine love, undaunted by death and fear, who went to the depths to bring back life: in the power of the cross shape a people of service, breaking bread for a hungry world; through Jesus Christ, the true food. Amen. Amen.*

1 Kings 2:10-12; 3:3-14

Reader: A Reading from the first book of Kings

David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established.

Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, "Ask what I should give you." And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?"

It pleased the Lord that Solomon had asked this. God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

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

People: Thanks be to God.

Psalm 111

Hallelujah!

I will give thanks to the Lord with my whole heart, *
in the assembly of the upright, in the congregation.

Great are the deeds of the Lord! *
they are studied by all who delight in them.

His work is full of majesty and splendor, *
and his righteousness endures for ever.

He makes his marvelous works to be remembered; *
the Lord is gracious and full of compassion.

He gives food to those who fear him; *
he is ever mindful of his covenant.

He has shown his people the power of his works *
in giving them the lands of the nations.

The works of his hands are faithfulness and justice; *
all his commandments are sure.

They stand fast for ever and ever, *
because they are done in truth and equity.

He sent redemption to his people;
he commanded his covenant for ever; *
holy and awesome is his Name.

The fear of the Lord is the beginning of wisdom; *
those who act accordingly have a good understanding;
his praise endures for ever.

Ephesians 5:15-20

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

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

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 #335 (v. 1-2)

"I am the Bread of Life"

Blue Hymnal



1	I	am	the	bread	of	life;_____	they	who
2 (The)	Bread	that_____	I	will	give_____	is	my	
3 (Un-)	less_____		you	eat_____		of	the	
4	I	am	the	re - sur -	rec - tion,_____			
5 (Yes,)	Lord,_____	we	be -	lieve_____		that_____		



1	come	to	me	shall	not_____	hun - ger;	they	who	be -	
2	Flesh	for	the	life	of	the	world,_____	and	they	who
3	Flesh	of	the	Son	of_____	Man_____		and_____		
4	I_____	am	the_____	life._____		They	who	be -		
5	you_____	are	the_____	Christ,_____			the_____			

John 6:51-58

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

People: Glory to You, Lord Christ.

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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

Wondrous Creator, you made us in all diversity
And you have put your voice in all living beings
We hear your songs on the tender winds
And your roar in the storms of our lives.

We thank you for putting your heart and call on all people.

Throughout history women have told your goodness
The first to proclaim the resurrection were your daughters
And all the disciples who had been trembling in fear
Found an empty tomb and a brand new hope.

We thank you for putting your heart and call on all people.

Eleven stood bravely before you and the people
In defiance of the exclusive rules of our church
They kneeled and were made priests forever
Despite the scorn and hatred they all received.

We thank you for putting your heart and call on all people.

The road was rough and full of angry dismissals
Some leaders turned their backs on our church
Establishing new denominations and new sects
Yet you smiled on your whole church in that time.

We thank you for putting your heart and call on all people.

In 1989, Barbara Harris was made bishop
And despite the cruel words and the isolation
She stood firm in her faith for us all
And taught us all how to sing in hard times.

We thank you for putting your heart and call on all people.

We thank you for the bravery of the first ordained and those ordaining
For Merrill Bittner, Alla Bozarth, Alison Cheek, Emily Hewitt,
Carter Heyward, Suzanne Hiatt, Marie Moorefield Fleisher, Jeannette Piccard,
Betty Schiess, Katrina Swanson and Nancy Wittig as well as
Bishops Daniel Corrigan, Robert DeWitt and Edward Welles.

We thank you for putting your heart and call on all people.

Our church has stumbled and often struggled

Too often a place of privilege and exclusion
Yet you change us and you open our hearts
And continue to renew us despite ourselves.

We thank you for putting your heart and call on all people.

Wondrous Creator, open our hearts to your voice
So we might hear your call at the very margins
Let us make room for new and different leaders
So we might reflect humanity's wholeness and creation's beauty.

We thank you for putting your heart and call on all people.

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

Celebrant: O God of Persistent Grace, you called the Philadelphia Eleven to the priesthood and granted them courage and boldness to respond, thereby opening the eyes of your church to the giftedness and equality of all: grant us so to hear, trust, and follow your Holy Spirit wherever she may lead, that the gifts of all your people may flourish throughout the earth, through Christ our Savior. ***Amen.***

A Litany for the 50th Anniversary of the Ordination of Women by Bishop Carol J.W.T. Gallagher
and the 2024 General Convention Resolution C023

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 #707

“Take My Life”

Blue Hymnal

♪ 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

S124

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,

Music by Jack Nobel White

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

WLP 878

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 #693 (verses 1-2,5)

"Just As I Am"

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

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: 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 #359** (verses 1, 3, 5)

"God of the Prophets"

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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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.

Ministers of the Service

Celebrant:	Rev Jen Crompton
Preacher:	Rev Jen Crompton
Deacon:	Deacon Sharon Dalrymple
Eucharistic Minister:	Diana Hammerlund
Eucharistic Assistant:	Sarah Chesebro
Lector:	John Horsley
Music:	Paul Burkle
Flowers:	Pamela Bleisch
Ushers:	Connie Weldon & Maureen Titus
Intercessor:	Louisa Beeler
Altar Guild:	Diana Hammerlund
Online Host:	Jane Wu
Tellers:	Diana Hammerlund & Bryson McKelvey
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Alice Welchert

This Week at St Ben's

Sunday	Aug 18
12:30 pm	Parish Council Meeting
Monday	Aug 19
3:30 pm	Liturgy Committee Meeting (Zoom)
Wednesday	Aug 21
3:00 pm	Earth Care Meeting
Sunday	Aug 25
10:30 am	Eucharist Service

Announcements

Personal Prayer: If you'd like prayer support during the week, contact Helen Schnieders (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: The Tuesday morning Spiritual conversation will be discussing ideas from the book *How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning and Community* by Judith Valente. You do not have to read the book to participate. Tuesdays at 10:30 on Zoom.

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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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