



# St Benedict's Episcopal Church

~ Tending Mind and Soul ~

Los Osos, California

The Sixteenth Sunday after Pentecost

September 8, 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: This is the day the Creator has made.

People: *Let us rejoice and be glad in it.*

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 #416

"For the Beauty of the Earth"

Blue Hymnal

1 For the beau - ty of the earth, for the beau - ty of the skies,  
2 For the beau - ty of each hour of the day and of the night,  
3 For the joy of ear and eye, for the heart and mind's de - light,  
4 For the joy of hu-man love, bro-ther, sis - ter, par - ent, child,  
5 For the Church which ev - er - more lift - eth ho - ly hands a - bove,

1 for the love which from our birth o - ver and a - round us lies,  
2 hill and vale, and tree and flower, sun and moon, and stars of light,  
3 for the mys - tic har - mo - ny link - ing sense to sound and sight,  
4 friends on earth, and friends a - bove, for all gen - tle thoughts and mild,  
5 of - fering up on ev - ery shore thy pure sac - ri - fice of love,

*Refrain*

Christ our God, to thee we raise this our hymn of grate-ful praise.

6 For each perfect gift of thine  
to the world so freely given,  
faith and hope and love divine,  
peace on earth and joy in heaven,

*Refrain*

Words: Folliot Sandford Pierpoint (1835-1917), alt. Music: *Lucerna Laudoniae*, David Evans (1874-1948). By permission of Oxford University Press.

### Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray together.

All: *Grant us, O Lord, to trust in you with all our hearts; for, as you always resist the powerful who oppress and dominate Creation, so you never forsake your creatures who live in harmony with nature's order; through Jesus Christ the Wisdom of Creation, who lives and reigns with you and the Holy Spirit, now and for ever. Amen.*

### Proverbs 22:1-2, 8-9, 22-23

Reader: *A Reading from the book of Proverbs*

A good name is to be chosen rather than great riches,  
and favor is better than silver or gold.

The rich and the poor have this in common:  
the LORD is the maker of them all.

Whoever sows injustice will reap calamity,  
and the rod of anger will fail.

Those who are generous are blessed,  
for they share their bread with the poor.

Do not rob the poor because they are poor,  
or crush the afflicted at the gate;

for the LORD pleads their cause  
and despoils of life those who despoil them.

Reader: The word of the Lord.

People: *Thanks be to God.*

## Psalm 125

Those who trust in the Lord are like Mount Zion, \*  
which cannot be moved, but stands fast for ever.

The hills stand about Jerusalem; \*  
so does the Lord stand round about his people,  
from this time forth for evermore.

The scepter of the wicked shall not hold sway over the land allotted to the just, \*  
so that the just shall not put their hands to evil.

Show your goodness, O Lord, to those who are good \*  
and to those who are true of heart.

As for those who turn aside to crooked ways,  
the Lord will lead them away with the evildoers; \*  
but peace be upon Israel.

## Mystic Treatises, St. Isaac the Syrian

Reader: *A Reading from Mystic Treatises of St. Isaac the Syrian*

What is a charitable heart? It is a heart burning with love for the whole of creation, for humans, for the birds, for the beasts, for the demons—for all creatures. One who has such a heart cannot see or call to mind a creature without having eyes being filled with tears by reason of the immense compassion which seizes the heart; a heart which is softened and can no longer bear to see or learn from others of any suffering, even the smallest pain, being inflicted on any creature. That is why such a person never ceases to pray also for the animals, that they may be preserved and purified. This person will even pray for the reptiles, moved by the infinite pity which reigns in the hearts of those who are becoming united with God.

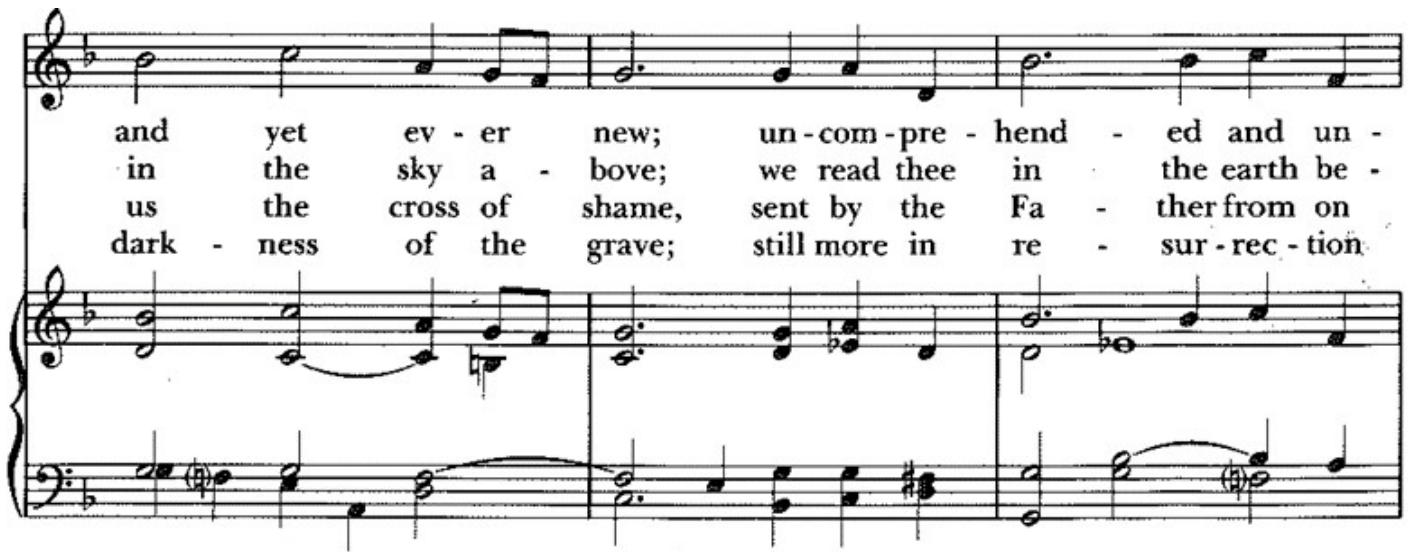
## ♪ Hymn #455

## “O Love of God”

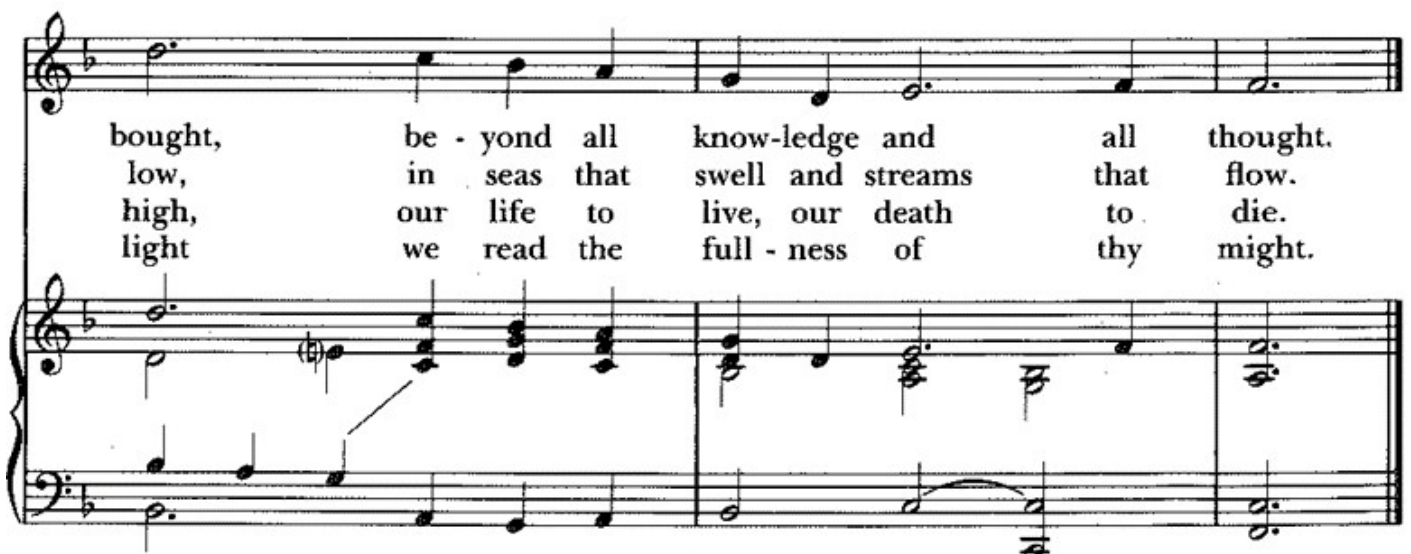
Blue Hymnal

The image shows a musical score for the hymn "O Love of God". It consists of two systems of music. The first system is a single melodic line in G major, 4/4 time, with lyrics underneath. The second system is a piano accompaniment in G major, 4/4 time, with a treble and bass clef. The lyrics are:

1 O Love of God, how strong and true, e - ter - nal  
2 O wide-em - brac - ing, won - drous Love, we read thee  
3 We read thee best in him who came to bear for  
4 We read thy power to bless and save e'en in the



and yet ev - er new; un - com - pre - hend - ed and un -  
in the sky a - bove; we read thee in the earth be -  
us the cross of shame, sent by the Fa - ther from on  
dark - ness of the grave; still more in re - sur - rec - tion.



bought, be - yond all know - ledge and all thought.  
low, in seas that swell and streams that flow.  
high, our life to live, our death to die.  
light we read the full - ness of thy might.

Alternative tune: *de Tar*, 456.

Words: Horatius Bonar (1808-1889)  
Music: *Dunedin*, Vernon Griffiths (b. 1894)

$\text{♩} = 60$   
LM

## Mark 7:24-37

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

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

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go—the demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone.

Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him

to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, “Ephphatha,” that is, “Be opened.” And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, “He has done everything well; he even makes the deaf to hear and the mute to speak.”

Gospeller: *The Gospel of Christ.*

People: *Praise to You, Lord Christ.*

## Sermon

Sandy Fisher

[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**

Blessed God, whose love calls the whole creation into covenant with you, and who puts in our hands responsibility for the care of the earth and its creatures: we pray for all to whom you have given life and being, saying: *Merciful God, keep your planet and people in peace.*

For the well-being of the earth; for its resources of water, air, light, and soil, that they may be tended for the good of all creatures, we pray: *Merciful God, keep your planet and people in peace.*

For the waters of the earth; for their careful use and conservation, that we may have the will and the ability to keep them clean and pure, we pray: *Merciful God, keep your planet and people in peace.*

For the mineral and energy resources of the planet, that we may learn sustainable consumption and sound care of the environment from which they come, we pray:  
*Merciful God, keep your planet and people in peace.*

For the animals of the earth, wild and domestic, large and very small, that they may know the harmony of relationship that sustains all life, we pray: *Merciful God, keep your planet and people in peace.*

For the creatures of the earth who do us harm and those whose place in your creation we do not understand or welcome, that we may see them as beloved creatures of God, we pray: *Merciful God, keep your planet and people in peace.*

For all who shape public policies affecting the planet and its creatures, that they may consider wisely the well-being of all who come after us, we pray: *Merciful God, keep your planet and people in peace.*

For all those engaged in conservation, in agriculture and ranching, in aquaculture and fishing, in mining and industry, and in forestry and timber-harvesting, that the health, fruitfulness, and beauty of the natural world may be sustained alongside human activity, we pray: *Merciful God, keep your planet and people in peace.*

For the creatures and the human beings of your world who are ill, or in danger, pain, or special need, and for all who suffer from the unjust, violent, or wasteful use of the earth's resources or their devastation by war, that all may one day live in communities of justice and peace, we pray: *Merciful God, keep your planet and people in peace.*

For the gifts of science and technology and for those who practice these skills, that they may be wise, visionary, and compassionate in their work, we pray: *Merciful God, keep your planet and people in peace.*

For the creatures and the people of the earth whose lives and deaths have contributed to the fruitful abundance of this planet, we pray: *Merciful God, keep your planet and people in peace.*

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

Celebrant: Creating God, your name is written on every leaf, every bird, every river, every stone, every living being. We praise and worship you for the magnificence of your creation. Make us attentive to the wounds of the earth and willing to work for the healing of the whole creation, through Jesus Christ, our Savior and Lord. Amen.

## Confession and Absolution

*Let us confess our sins against God and God's creation.*

**All:** *Merciful and sustaining God, we have sinned against you. We confess our lack of gratitude for the beauty and bounty of your creation: teach us to see that your earth sustains us and all that lives. We confess that we have misused your earth: grant us amendment of life. We confess that we have been intemperate in our appetites: strengthen us in self-control. We confess that we have taken the abundance of your world for granted: make us urgent now for its protection. Forgive and renew us now through our Savior Jesus Christ, by the power of the Holy Spirit, with whom you live and reign, one God, now and for ever. Amen.*

**Celebrant:** *May the All-Compassionate God have mercy on you, forgive you all your sins through our Lord 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 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.

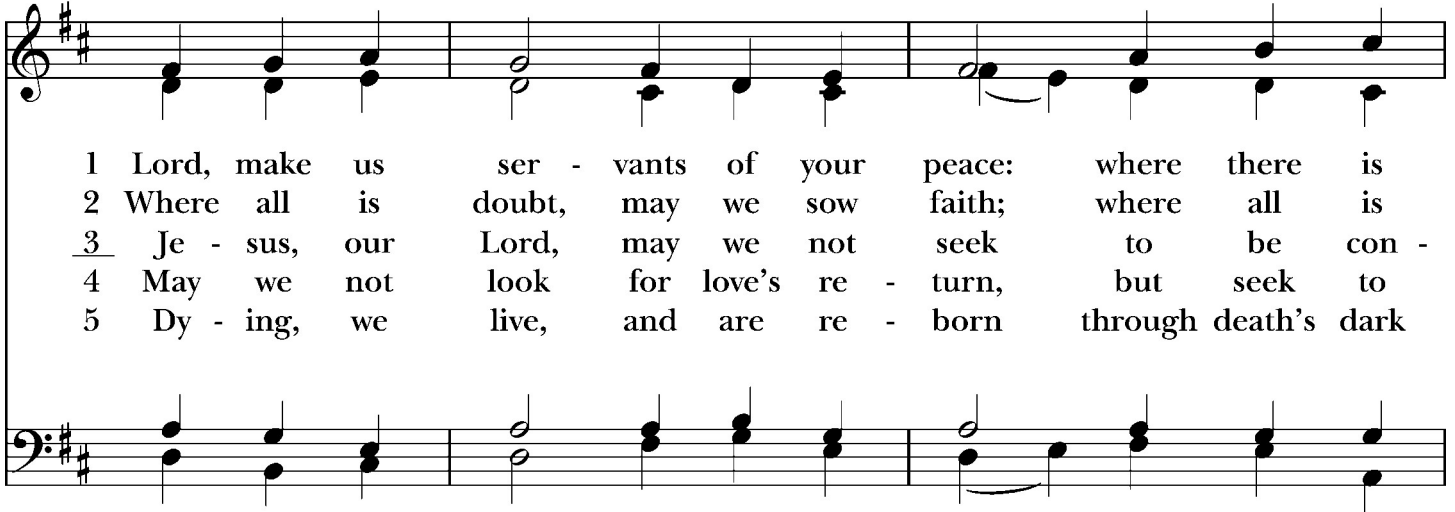
## The Offertory

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

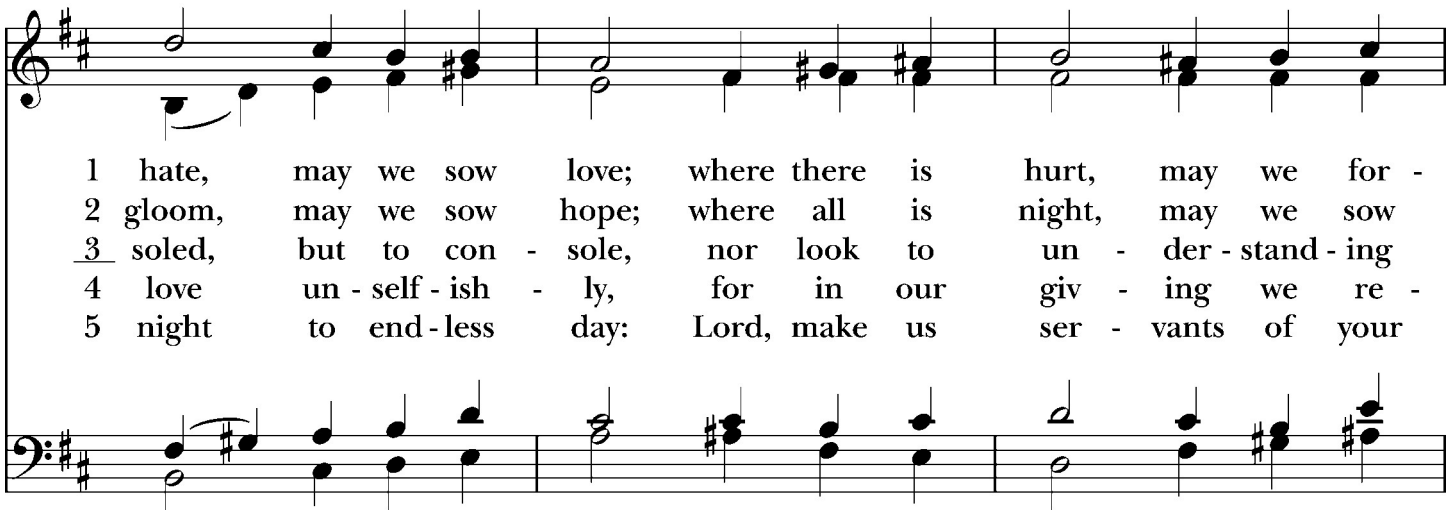
### ♩ Hymn #593

### “Lord Make Us Servants”

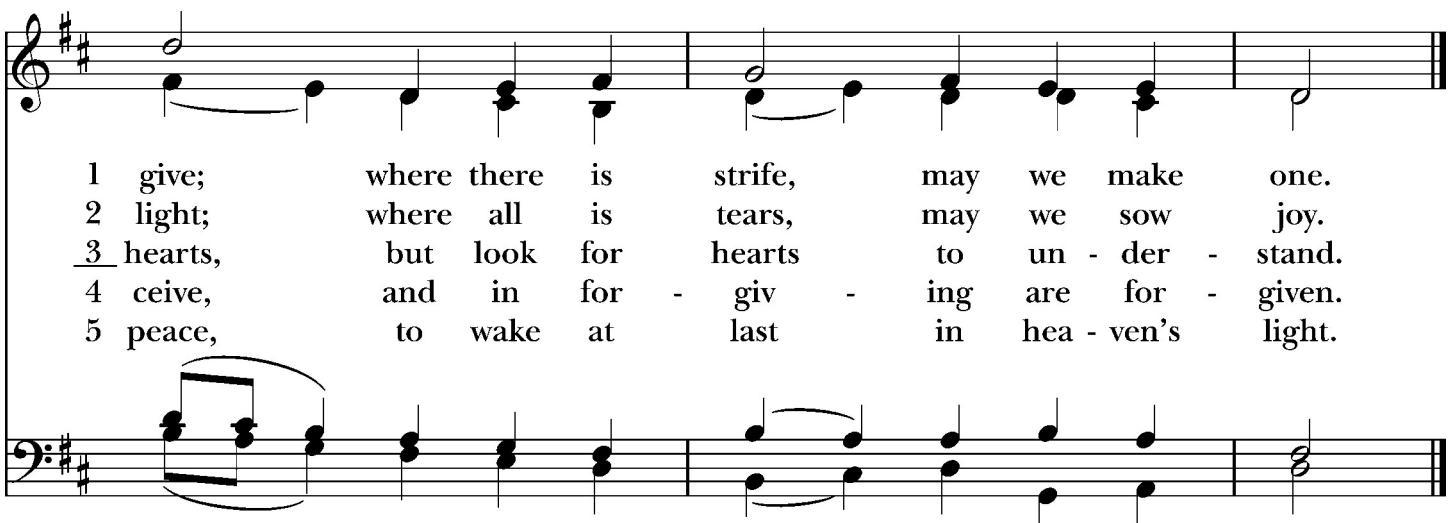
### Blue Hymnal



1 Lord, make us ser - vants of your peace: where there is  
2 Where all is doubt, may we sow faith; where all is  
3 Je - sus, our Lord, may we not seek to be con -  
4 May we not look for love's re - turn, but seek to  
5 Dy - ing, we live, and are re - born through death's dark



1 hate, may we sow love; where there is hurt, may we for -  
2 gloom, may we sow hope; where all is night, may we sow  
3 soled, but to con - sole, nor look to un - der - stand - ing  
4 love un - self - ish - ly, for in our giv - ing we re -  
5 night to end - less day: Lord, make us ser - vants of your



1 give; where there is strife, may we make one.  
2 light; where all is tears, may we sow joy.  
3 hearts, but look for hearts to un - der - stand.  
4 ceive, and in for - giv - ing are for - given.  
5 peace, to wake at last in hea - ven's light.



## ♪ 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

Celebrant The Creator be with you.

People *And also with you.*

Celebrant Lift up your hearts.

People *We lift them to the Creator.*

Celebrant Let us give thanks to the Lord our God.

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

Celebrant Praise and thanks are yours, our Creating God. From the dust of the earth you shaped human beings in your own image, and you filled the earth and seas and skies with a myriad of wonders. Yet we consistently turn your generosity into our scarcity, your elegance into our meanness, and your simplicity into our corruption. Though we poison and destroy your good Creation, you continue to offer us your abundance. In your mercy, you have redeemed us through your Son, Jesus, transforming death into life. Through the Spirit you continue to call us into covenant with you—for the restoration of Creation and the reconciliation of all people. And so we give you thanks, rejoicing with all of Creation, as we join the saints and angels in their unending hymn:

## ♪ Sanctus

S124

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*

In the night that Jesus was betrayed, he took bread, and gave thanks to God. He broke the bread, gave it to his friends and said: “Take and eat, for this is my body, given for you. Do this in remembrance of me.” He took the wine, and gave thanks to God, Creator. He gave it to his friends saying: “This is my blood of the new covenant, shed for you and for all creation for the forgiveness of sins. Every time you drink of the wine, do this in remembrance of me.”

So we proclaim the mystery of faith:

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

*Celebrant:* Merciful God, we come to this table seeking reconciliation: with you, with one another, and with all creation. Through these mysteries reconcile us to our world and empower us to restore your Creation and fulfill your will. Send your life-giving Spirit upon us, and upon this bread and wine. Stir in us the creative and redeem the destructive. Heal your stricken world, that the soil, the skies, and the seas may be filled with your life anew. Fill every heart with the sure and certain hope that we shall enter into the fullness of your joy, when your whole Creation is justified by faith and sanctified by love, and you are all in all.

All: *By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours,  
Almighty God, now and for ever. AMEN.*

### The Lord's Prayer

And now, as the Wisdom before Creation teaches us, we pray.

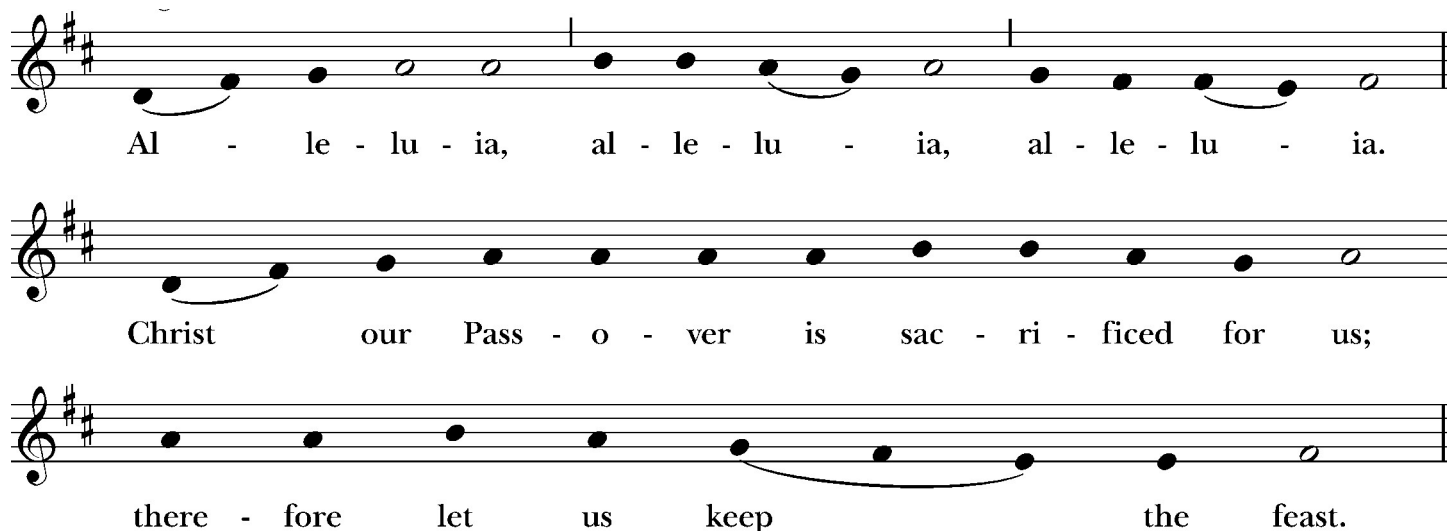
*Holy One, our only Home,  
hallowed be your name.  
May your day dawn,  
your will be done,  
here as in heaven.  
Feed us today,  
and forgive us as we forgive each other.  
Do not forsake us at the test,  
but deliver us from evil.  
For the glory, the power,  
and the mercy are yours,  
now and for 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

The celebrant continues:

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*If God is calling you, you are welcome and invited to receive communion.*

*Please share with our online host in the chat and contact the church office to arrange to receive communion in your home.*

## ♪ Communion Music

*Original Improvisation*

Paul Burkle

## ♪ Hymn #304

## “I Come with Joy”

Blue Hymnal

*Unison or harmony*

1 I come with joy to meet my Lord, for -  
 2 I come with Chris - tians far and near to  
 3 As Christ breaks bread and bids us share, each  
 4 And thus with joy we meet our Lord. His  
 5 To - geth - er met, to - geth - er bound, we'll

1 giv - en, loved, and free, in awe and won - der  
 2 find, as all are fed, the new com - mu - ni -  
 3 proud di - vi - sion ends. That love that made us  
 4 pres - ence, al - ways near, is in such friend - ship  
 5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.  
 2 ty of love in Christ's com - mun - ion bread.  
 3 makes us one, and stran - gers now are friends.  
 4 bet - ter known: we see, and praise him here.  
 5 in the world, we'll live and speak his praise.

Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

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

*All-compassionate and ever-living God,  
 you have graciously accepted us as living members  
 of your Son our Savior Jesus Christ,  
 and you have fed us with spiritual food  
 in the Sacrament of his Body and Blood.  
 Send us now into the world in peace,  
 and grant us strength and courage  
 to love and serve you  
 with gladness and singleness of heart;  
 through Christ our Lord. Amen.*

## Blessing

Celebrant: God of the galaxies, God of the starburst and sunlit morning, God of the forest and shining seas, God of the blooming desert and rolling grasslands – shine on us today and bless us with your presence. Amen.

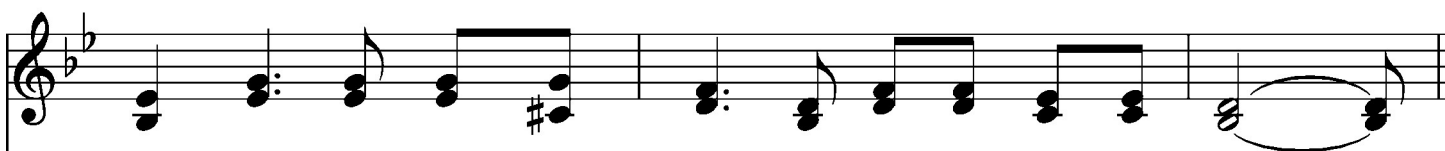
## Announcements



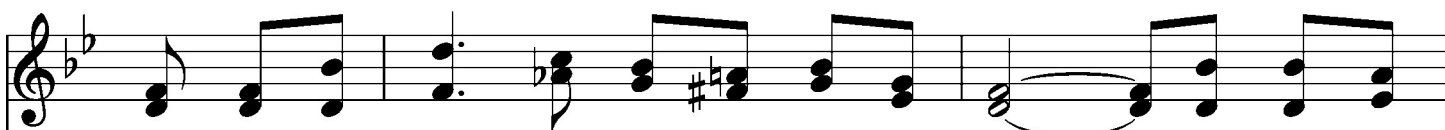
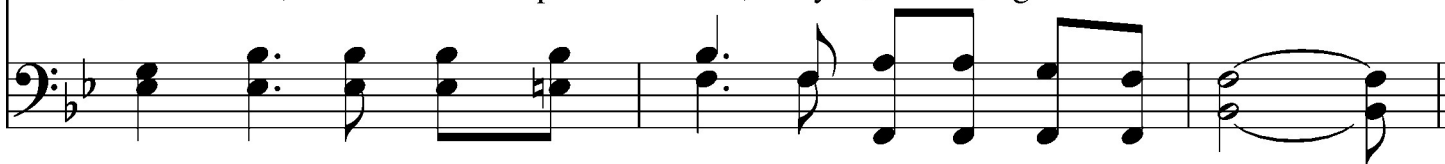
1. O Lord my God, when I in awe - some won - der Con - sid - er  
 2. When through the woods and for - est glades I wan - der And hear the  
 3. And when I think that God, his Son not spar - ing, Sent him to  
 4. When Christ shall come with shout of ac - cla - ma - tion And take me



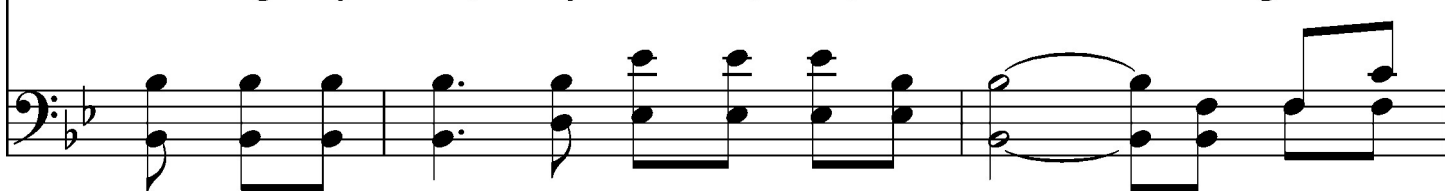
1. all the worlds\* thy hands have made, — I see the stars I hear the roll - ing\*  
 2. birds sing sweet - ly in the trees, — When I look down from loft - y moun - tain  
 3. die, I scarce can take it in, — That on the cross, my bur - den glad - ly  
 4. home, what joy shall fill my heart! — Then I shall bow in hum - ble ad - o -



1. thun - der, Thy pow'r through - out the u - ni - verse dis - played. —  
 2. gran - deur, And hear the brook and feel the gen - tle breeze. —  
 3. bear - ing, He bled and died to take a - way my sin. —  
 4. ra - tion, And there pro - claim, my God how great thou art. —



Then sings my soul, my Sav - ior, God, to Thee: — How great Thou



art, how great Thou art! Then sings my soul, my Sav - ior, God, to  
Thee: How great Thou art, how great Thou art!

Words: Stuart K. Hine (1899-1989). Music: Traditional Swedish folk tune/adapt. Stuart K. Hine. Copyright © 1949 and 1953 The Stuart Hine Trust. All rights in the U.S.A. except print rights administered by EMI CMG. U.S.A. print rights administered by Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

## 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

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## **Ministers of the Service**

Celebrant:	The Reverend Jen Crompton
Preacher:	Sandy Fisher
Eucharistic Minister:	Michael Lucas
Eucharistic Assistant:	Helen Schnieders
Lector:	Don Maruska
Music:	Paul Burkle
Flowers:	Pamela Bleisch
Ushers:	Connie Weldon & Jim Malone
Intercessor:	Helen Schnieders
Altar Guild:	Diana Hammerlund
Online Host:	Elaine Beckham
Tellers:	Bryson McKelvey & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Pamela Bleisch

## **Announcements**

**A Celebration of Life for Jum Quesenberry** will be held Sept 15 from 2pm-6pm at South Bay Community Center. Everyone is welcome.

**Trinity UMC of Los Osos, Central Coast Center for Ecological Civilization, and the Earth Care Team of St Benedict's** invite you to a viewing and brief discussion of the movie "Common Ground" on Regenerative Agriculture in Trinity's Social Hall on Sept 15th at 2pm.

## 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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