



St Benedict's Episcopal Church

~ *Tending Mind and Soul in Los Osos* ~

The Twentieth Sunday after Pentecost

September 22, 2024 10:30 am

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability—
your presence here today is a blessing! .

About Our Service

Wherever you are on your faith journey, you are warmly welcome at St. Benedict's, your presence here is a blessing! If you are unfamiliar with the ritual customs of the Episcopal Church, simply rest into the liturgy and let the rest of the congregation carry you in worship.

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.

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; 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: 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

“I Will Sing”

Gather 543

Verses 1, 2, 3, 6



1. I will sing, I will sing a song un - to the Lord.
 2. We will come, we will come as one be - fore the Lord.
 3. If the Son, if the Son shall make you free,
 6. In his name, in his name we have the vic - to - ry.



I will sing, I will sing a song un - to the Lord.
 We will come, we will come as one be - fore the Lord.
 If the Son, if the Son shall make you free,
 In his name, in his name we have the vic - to - ry.



I will sing, I will sing a song un - to the Lord.
 We will come, we will come as one be - fore the Lord.
 If the Son, if the Son shall make you free,
 In his name, in his name we have the vic - to - ry.



To refrain

Al - le - lu - ia, glo - ry to the Lord.
 Al - le - lu - ia, glo - ry to the Lord.
 You shall be free in - deed.
 Al - le - lu - ia, glo - ry to the Lord.

Refrain



Al - le - lu, al - le - lu - ia, glo - ry to the Lord. Al - le -



lu, al-le-lu - ia, glo - ry to the Lord. Al-le - lu, al-le-lu - ia, glo -

ry to the Lord. Al-le - lu - ia, glo - ry to the Lord.

To verses

Verses 4, 5

4. They that sow in tears shall reap in joy. They that

5. Ev - 'ry knee shall bow and ev - 'ry tongue con - fess, Ev - 'ry

sow in tears shall reap in joy. They that

knee shall bow and ev - 'ry tongue con - fess, Ev - 'ry

sow in tears shall reap in joy. Al - le -

knee shall bow and ev - 'ry tongue con - fess, That

lu - ia, glo - ry to the Lord.

To refrain

Je - sus Christ is the Lord.
 Je - sus Christ is the Lord.

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray.

Bountiful God, you call us to labor with you in tending the earth: where we lack love, open our hearts to the world; where we waste, give us discipline to conserve; where we neglect, awaken our minds and wills to insight and care. May we with all your creatures honor and serve you in all things for you live and reign with Christ, Redeemer of all, and with your Holy Spirit, one God, now and for ever.

People: *Amen.*

(please be seated for the readings)

James 3:13-4:3, 7-8a

Reader: *A Reading from the book of James*

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace.

Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures.

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

Reader: The word of the Lord.

People: *Thanks be to God.*

Psalm 1

Happy are they who have not walked in the counsel of the wicked, *
nor lingered in the way of sinners,
nor sat in the seats of the scornful!

Their delight is in the law of the Lord, *
and they meditate on his law day and night.

They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not wither; *
everything they do shall prosper.

It is not so with the wicked; *
they are like chaff which the wind blows away.

Therefore the wicked shall not stand upright when judgment comes, *
nor the sinner in the council of the righteous.

For the Lord knows the way of the righteous, *
but the way of the wicked is doomed.

Prayers of the Social Awakening, Walter Rauschenbusch

Reader: *A Reading from Prayers of the Social Awakening, Walter Rauschenbusch*

O God, we thank thee for this universe, our great home; for its vastness and its riches, and for the manifoldness of the life which teems upon it and of which we are part. We praise thee for the arching sky and the blessed winds, for the driving clouds and the constellations on high. We praise thee for the salt sea and the running water, for the everlasting hills, for the trees and for the grass under our feet. We thank thee for our senses by which we can see the splendor of the morning, and hear the jubilant songs of love, and smell the breath of the springtime. Grant us, we pray thee, a heart wide open to all this joy and beauty, and save our souls from being so steeped in care or so darkened by passion that we pass heedless and unseeing when even the thorn-bush by the wayside is aflame with the glory of God.

Enlarge within us the sense of fellowship with all the living things, our little brothers, to whom thou hast given this earth as their home in common with us. We remember with

shame that in the past we have exercised the high dominion of man with ruthless cruelty, so that the voice of the Earth, which should have gone up to thee in song, has been a groan of travail. May we realize that they live not for us alone, but for themselves and for thee, and that they love the sweetness of life even as we, and serve thee in their place better than we in ours.

When our use of this world is over and we make room for others, may we not leave anything ravished by our greed or spoiled by our ignorance, but may we hand on our common heritage fairer and sweeter through our use of it, undiminished in fertility and joy, that so our bodies may return in peace to the great mother who nourished them and our spirits may round the circle of a perfect life in thee.

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

♪ Hymn #633

“Word of God”

Blue Hymnal

Mark 9:30-37

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

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

Jesus and his disciples passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, “The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.” But they did not understand what he was saying and were afraid to ask him.

Then they came to Capernaum; and when he was in the house he asked them, “What were you arguing about on the way?” But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, “Whoever wants to be first must be last of all and servant of all.” Then he took a little child and put it among them; and taking it in his arms, he said to them, “Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.”

Gospeller: *The Gospel of Christ.*

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

(We pause for a few moments' reflection before affirming our faith.)

Affirmation of Faith

Please stand as you are able.

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

Eternal God: we thank you for the beauty of the World: for the teeming life of the seas, the flight of birds, and the diversity of animal life. Grant us grace to treat Creation with respect and care; to protect endangered species, to preserve the variety of habitats, and to honor the delicate balance of nature. God of life: *hear our prayer.*

We thank you for the wealth of blessings from land and sea; for the power of wind, and the warmth of sun. We pray for the nations of the earth, give us the will to cherish this planet and to use its resources sustainably for the welfare of all. God of justice: *hear our prayer.*

We pray for the faithful witness of the Church, called to reconcile and heal: For this parish and Bishop Lucinda, Canon Martha, Rev Linzi, Rev. Jen, and Rev. Mike. God of grace: *hear our prayer.*

We pray for the human family. We exult in our diversity and giftedness, we repent of our sins, divisions and violence. By the power of your Spirit, restore your image within us. As every human being is known and loved by you, may we care for one another with love and respect. We pray for those you have commended to our care:

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

God of compassion: *hear our prayer.*

We pray for those who have died, whom we entrust to your eternal love; may we support and comfort those who mourn. God of peace: *hear our prayer.*

Officiant: Gracious God: Grant that your people may have in them the same mind that was in Christ Jesus, and guide us into harmony of relationship through loving-kindness and the wise use of all that you have given; for you are drawing all things into communion with you and with each other by the power of the Holy Spirit. *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.*

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

Announcements

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.

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

“I the Lord of Sea and Sky (Here I am Lord)”

WLP 812

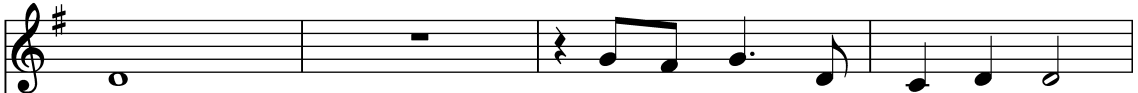
Unison



1. I, the Lord of sea and sky, I have heard my
 2. I, the Lord of snow and rain, I have borne my
 3. I, the Lord of wind and flame, I will tend the



peo - ple cry. All who dwell in deep - est sin My hand will
 peo - ple's pain. I have wept for love of them, They turn a -
 poor and lame. I will set a feast for them, My hand will



save. I who made the stars of night,
 way. I will break their hearts of stone,
 save. Fin - est bread I will pro - vide



I will make their dark - ness bright. Who will bear my
 Give them hearts for love a - lone. I will speak my
 Till their hearts be sat - is - fied. I will give my



light to them? Whom shall I send? _____
 word to them. Whom shall I send? _____
 life to them. Whom shall I send? _____

Refrain



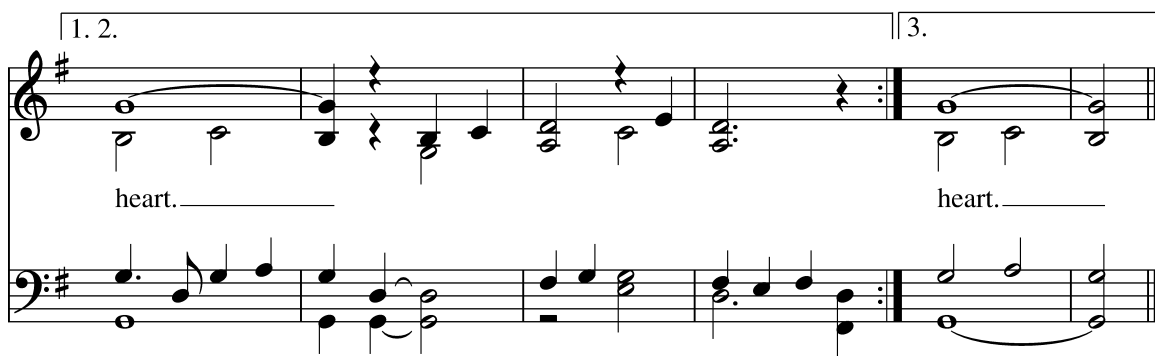
Here I am, Lord. Is it I, Lord? I have



heard you call-ing in the night. I will go, Lord,



if you lead me, I will hold your peo - ple in my



1. 2. 3.
heart. heart.

(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

Celebrant: The Creator be with you.

People: *And also with you.*

Celebrant: Lift up your hearts.

People: *We lift them to the Creator.*

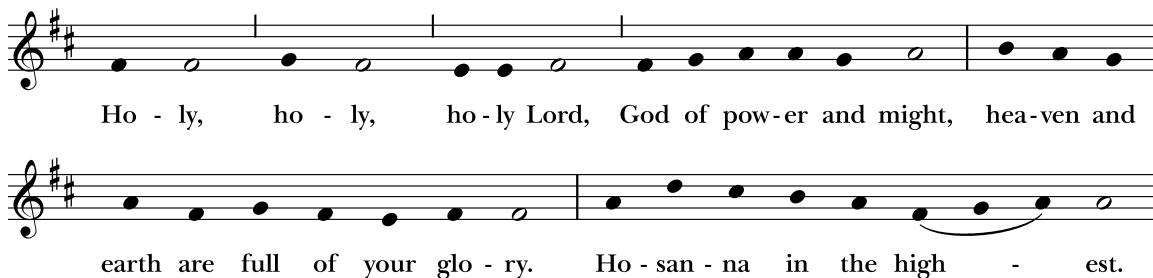
Celebrant: Let us give thanks to the Lord our God.

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 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 create space for safe social distancing.

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Hymn #324

“Let All Mortal Flesh Keep Silent”

Blue Hymnal

Silence

(please stand as you are able)

Sending of the Eucharistic Visitor If no visitation is being made, the prayer is not said.

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.

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: *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: Go forth now to care for God’s world.
Use resources wisely. Share your knowledge.
Sacrifice where necessary.

Live in harmony with all creation.

Go out into all the world as prophets of a new way of living and preach the good news to all.

And the blessing of the Creator God, the Risen Son,
and the Promised Holy Spirit bless you
that you might be a blessing to others
today and always.

Amen.

(please stand as you are able)

♪ Hymn #397

“Now Thank We All Our God”

Blue Hymnal

Dismissal

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

All: *Thanks be to God.*

♪ Postlude

Original Improvisation

Paul Burkle

Today's Liturgy is from the Season of Creation A Celebration Guide for Episcopal Parishes, 2024.
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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:	The Reverend Linzi Stahlecker
Preacher:	The Reverend Linzi Stahlecker
Eucharistic Minister:	Helen Schnieders
Eucharistic Assistant:	Michael Lucas
Lector:	Bob Pelfrey
Music:	Paul Burkle
Flowers:	Elaine Beckham
Ushers:	Barbara Schippers & Michael Lucas
Intercessor:	Sandy Fisher
Altar Guild:	Pat Stoneman
Online Host:	Don Maruska
Tellers:	Alice Welchert & Steve Cake
Technical:	Hannah-Jaye Matthews
Coffee Hour Host:	Suzan Brown

Announcements

The Tuesday Spiritual Discussion group - The Tuesday morning Spiritual Conversation group will be discussing ideas from the book [The Great Emergence: How Christianity Is Changing and Why](#) by Phyllis Tickle. This book, mentioned by Presiding Bishop Michael Curry in his sermon at the General Convention, combines history, a look at the causes of social upheaval, and current events, and shows readers what the Great Emergence in church and culture is, how it came to be, and where it is going. Anyone who is interested in the future of the church in America, no matter what their personal affiliation, will find this book a fascinating exploration. We will include video lectures by the author as part of our exploration. You do not have to read the book to participate. Tuesdays at 10:30 on [Zoom](#).

Cloister Groups are a great way for you to connect with other members of St. Benedict's. Cloister leaders stay in touch with the members of their Cloister, offering regular contact and encouragement. Some Cloister groups stay in touch electronically; some have in-person gatherings. No agenda— just connection. Questions? Want to join a group? Email Pamela at pr.bleisch@gmail.com

Personal Prayer – If you'd like prayer support during the week, contact Sandy Fisher at (661) 805-2882. If no answer, please leave a message and your call will be returned. Prayer requests may also be emailed at any time to prayers@stbenslosos.org and requests for pastoral care may be sent to pastoralcare@stbenslosos.org.

This Week at St Ben's

Monday	Sep 23
3:30 pm	Liturgy Committee Meeting (Zoom)
Tuesday	Sep 24
9:45 am	Prayers of the Morning (Zoom)
10:30 am	Spiritual Conversation (Zoom)
Wednesday	Sep 25
11:00 am	Laundry Love
4:00 pm	Laundry Love
Thursday	Sep 26
3:00 pm	Healing Ministry
6:00 pm	Choir Practice
Sunday	Sep 15
10:30a	Eucharist Service



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

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