



St Benedict's Episcopal Church

~ Tending Mind and Soul in Los Osos ~

The Nineteenth Sunday after Pentecost

September 29, 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!

~ Prelude ~

Original Improvisation

Paul Burkle

Celebrant: This is the day the Creator has made.

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 #625

“Ye Holy Angels Bright”

Blue Hymnal

Descant

4 My soul, bear thou thy part, tri - umph in God a - bove: and

1 Ye ho - ly an - gels bright, who wait at God's right hand, or
2 Ye bless - ed souls at rest, who ran this earth - ly race and
3 Ye saints, who toil be - low, a - dore your heaven - ly King, and
4 My soul, bear thou thy part, tri - umph in God a - bove: and

with a well - tuned heart sing thou the songs of love! Let all thy
 through the realms of light fly at your Lord's com - mand, as - sist our
 now, from sin re - leased, be - hold the Sa - vior's face, God's prais - es
 on - ward as ye go some joy - ful an - them sing; take what he
 with a well - tuned heart sing thou the songs of love! Let all thy
 days till life shall end, what - e'er he send, be filled with praise.
 song, for else the theme too high doth seem for mor - tal tongue.
 sound, as in his sight with sweet de - light ye do a - bound.
 gives and praise him still, through good or ill, who ev - er lives!
 days till life shall end, what - e'er he send, be filled with praise.

Words: Richard Baxter (1615-1691); rev. John Hampden Gurney (1802-1862). Music: *Darwall's 148th*, melody and bass John Darwall (1731-1789); harm. William Henry Monk (1823-1889), alt.; desc. Sydney Hugo Nicholson (1875-1947).

Collect of the Day

Celebrant: God be with you.

People: *And also with you.*

Celebrant: Let us pray.

Gracious God, the air sings with songs of glory, water flashes silver with creation, and the forests bloom with leaves for healing nations. May your light and love fill our hearts and souls and minds, that we may share your abundant grace with the world.

People: *Amen*

James 5:13-20

Reader: A Reading from the book of James

Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. Elijah was a human being like us, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and the heaven gave rain and the earth yielded its harvest.

My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner from wandering will save the sinner's soul from death and will cover a multitude of sins..

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

People: Thanks be to God

Psalm 124

If the Lord had not been on our side,*
let Isreal now say;

If the Lord had not been on our side,*
when enemies rose up against us;

Then would they have swallowed us up alive*
in their fierce anger toward us;

Then would the waters have overwhelmed us*
and the torrent gone over us;

Then would the raging waters*
have gone right over us.

Blessed be the Lord,
who has not given us over to be a prey for their teeth.

We have escaped like a bird from the snare of the fowler;*
the snare is broken, and we have escaped.

Our help is in the name of the Lord,*
the maker of heaven and earth.

A Reading from “To Live Is to Love,” Ernesto Cardenal

The Rev. Ernesto Cardenal Martínez (1925-2020) was a Nicaraguan Catholic priest, poet, and politician. He was a liberation theologian and the founder of the primitivist art community in the Solentiname Islands, where he lived for more than ten years.

All animals who lift their voices at dawn sing to God. The volcanoes and the clouds and the trees cry to us about God. The whole creation cries to us penetratingly with a great joy about the existence and the beauty and the love of God. The music roars it into our ears, the landscape calls it into our eyes. In all of nature we find God’s initials, and all God’s creatures are God’s love letters to us.

All of nature burns with love created through love to light love in us. Nature is like a shadow of God, a reflection of God’s beauty. The still, blue lake is a reflection of God. In every atom lives an image of the trinity, a figure of the trinitarian God. And also my own body is created to love God. Each of my cells is a hymn about the Creator and an ongoing declaration of love.

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

People: Thanks be to God

♪ Hymn

“God of Gentle Strength”

WLP 771

1. O God of gentle strength, your
2. Your waters of re-birth have
3. And when life's chal-lenges e-
4. Where will the jour-ney lead? The

love em-bra-ces me. With-in the sure-ness
claimed us as your own. As mem-bers of one
clipse our minds with doubt, let ho-ly wis-dom
path may be ob-scure. But prom-ised hope of

The musical score is written in 4/4 time with a key signature of two flats (B-flat and E-flat). It consists of four systems of music, each with a vocal line (treble clef) and a bass line (bass clef). The lyrics are placed between the vocal and bass lines. The first system contains the first four lines of the hymn. The second system contains the fifth and sixth lines. The third system contains the seventh and eighth lines. The fourth system contains the ninth and tenth lines. The score ends with a double bar line and repeat dots.

of your care my heart rests will - ing - ly.
 bod - y, we shall nev - er be a - lone.
 spark a flame to drive the dark - ness out.
 things un - seen will keep our foot - ing sure.

Words: Patricia B. Clark (b. 1938); © 1995 Patricia B. Clark
 Music: *Carlisle*, Charles Lockhart (1745-1815)

Mark 9:38-50

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

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

John said to Jesus, “Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.” But Jesus said, “Do not stop him; for no one who does a deed of power in my name will be able soon afterward to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.

“If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched.

“For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.”

Gospeller: *The Gospel of Christ*

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

Sermon

The Rev. Linzi Stahlecker

[We pause for a few moments' reflection.]

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 - A Litany for Healing

EOW2

Let us name before God those for whom we offer our prayers, starting with those in the bidding book...

*(Prayers from the bidding book are read.
Please add your own prayers silently or out loud.)*

God the Father, your will for all people is health and salvation;

We praise you and thank you, O Lord.

God the Son, you came that we might have life, and might have it more abundantly;

We praise you and thank you, O Lord.

God the Holy Spirit, you make our bodies the temple of your presence;

We praise you and thank you, O Lord.

Holy Trinity, one God, in you we live and move and have our being;

We praise you and thank you, O Lord.

Lord, grant your healing grace to all who are sick, injured, or disabled, that they may be made whole;

Hear us, O Lord of life.

Grant to all who seek your guidance, and to all who are lonely, anxious, or despondent, a knowledge of your will and an awareness of your presence;

Hear us, O Lord of life.

Mend broken relationships, and restore those in emotional distress to soundness of mind and serenity of spirit;

Hear us, O Lord of life.

Bless physicians, nurses, and all others who minister to the suffering, granting them wisdom and skill, sympathy and patience;

Hear us, O Lord of life.

Grant to the dying peace and a holy death, and uphold by the grace and consolation of your Holy Spirit those who are bereaved;

Hear us, O Lord of life.

Restore to wholeness whatever is broken by human sin, in our lives, in our nation, and in the world;

Hear us, O Lord of life.

You are the Lord who does wonders:

You have declared your power among the peoples.

With you, O Lord, is the well of life:

And in your light we see light.

Hear us, O Lord of life:

Heal us, and make us whole.

Celebrant: *Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.*

Confession of Need

Let us confess our sins to God.

All: ***Compassionate God,***
we confess our weaknesses and our need for your
strengthening touch.
We confess that some illnesses stem from our own fault,
while others are beyond our control.
We turn to you, source of life,
and ask in the name of our Savior Jesus Christ
for the gifts of true healing and life in you. Amen.

Celebrant *May the God of love visit you in your times of trial and weakness, and raise you to newness of life,*
through Jesus Christ, in the power of the Holy Spirit. Amen.

Prayers for Healing

Celebrant The ministry of Jesus invites us to new life in God and with each other. We proclaim the Good News that God desires us to be healthy and one in the body of Christ. You are invited to offer yourself, whatever your sickness of spirit, mind, or body, and ask for healing and wholeness in the Name of the holy and undivided Trinity.

(Those who wish to receive laying on of hands and anointing for healing are invited to come forward. Everyone else remains seated, we invite you to pray silently for healing for each other, our world and our planet.)

♪ Musical Interlude ♪

Original Improvisation

Paul Burkle

Let us pray together:

Generous God,
we give you thanks for your beloved Jesus Christ,
in whom you have shared the beauty and pain of human life.
Look with compassion upon all for whom we pray,
and strengthen us to be your instruments of healing in the world,
by the power of the Holy Spirit. 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 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.*

The Offertory

You can contribute at our website www.stbenslososos.org at any time.

♪ **Hymn #**

“Healer of Our Every Ill”

G882

Refrain

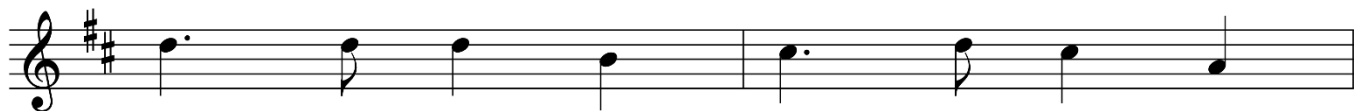


Heal - er of our ev - 'ry ill, light of each to - mor - row,



give us peace be - yond our fear, and hope be - yond our sor - row.

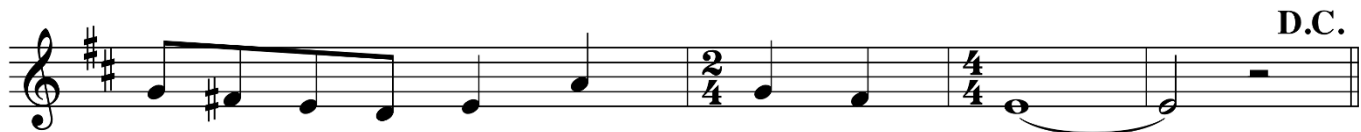
Verses



1. You who know our fears and sad - ness,
2. In the pain and joy be - hold - ing,
3. Give us strength to love each oth - er,
4. You who know each thought and feel - ing,



Grace us with your peace and glad - ness,
How your grace is still un - fold - ing,
Ev - 'ry sis - ter, ev - 'ry broth - er,
Teach us all your way of heal - ing,



Spir - it of all com - fort: fill our hearts.
 Give us all your vi - sion: God of love.
 Spir - it of all kind - ness: be our guide.
 Spir - it of com - pas - sion: fill each heart.

Text: Marty Haugen, b.1950
 Tune: Marty Haugen, b.1950
 © 1987, GIA Publications, Inc.

♪ 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.*

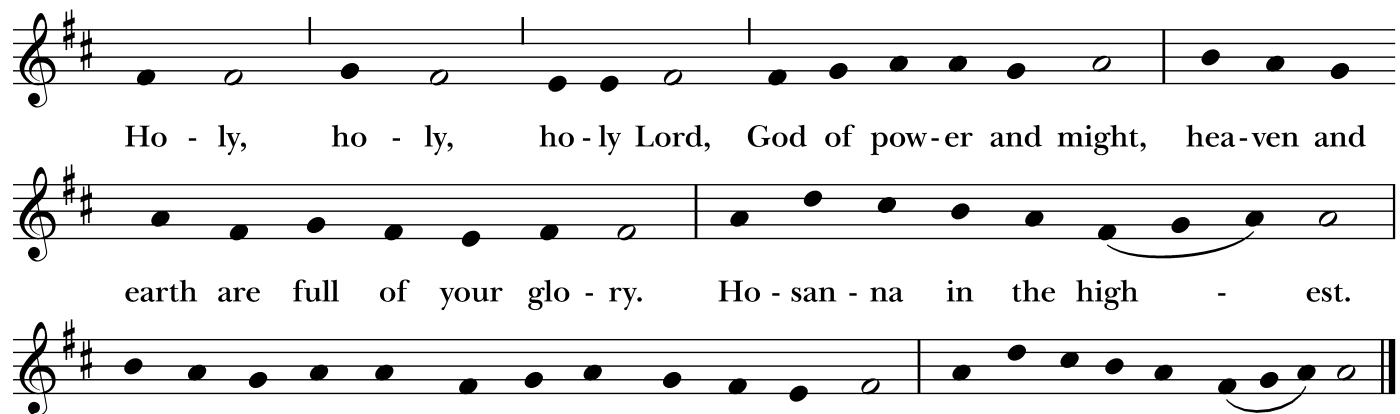
Celebrant Lift up your hearts.

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:



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
 earth are full of your glo - ry. Ho - san - na in the high - est.

Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

The Celebrant continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with Benedict 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 say,

*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.*

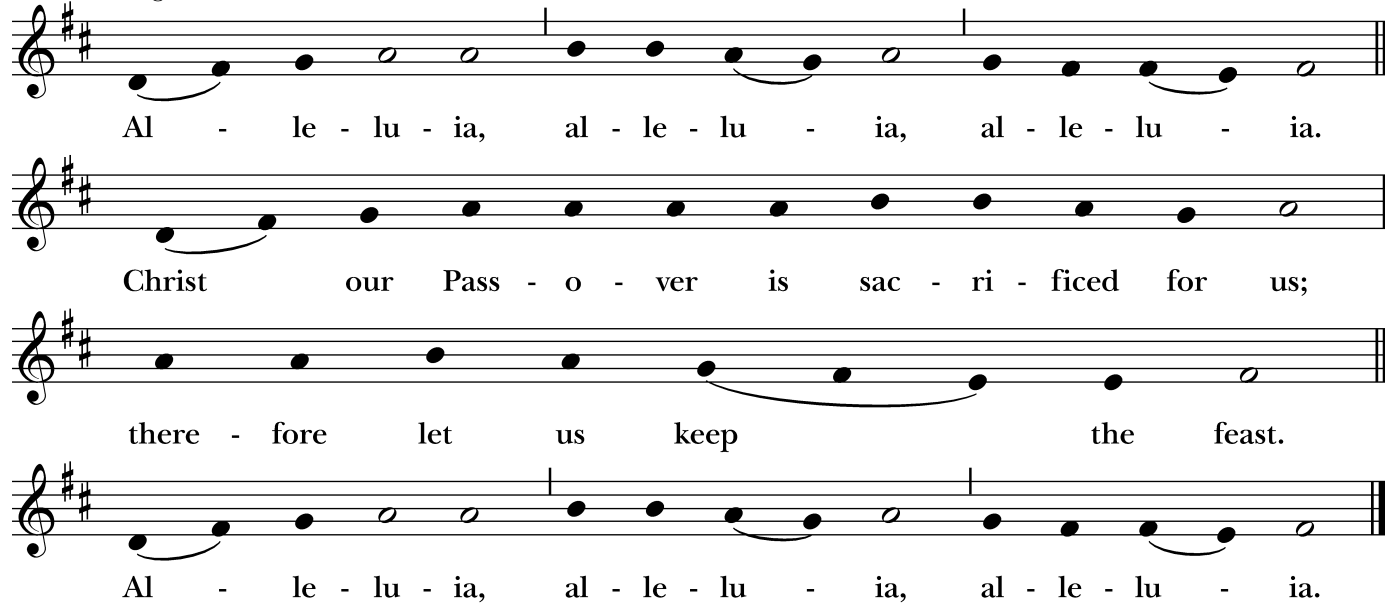
The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S 154

This setting is not used in Lent.



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.

The musical score consists of four staves of music in G major (one sharp). The melody is simple and uses a mix of quarter and eighth notes, with some phrases spanning across bar lines. The lyrics are placed directly below the corresponding notes.

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 and invited to receive communion.
Please contact the church office to arrange to receive communion in your home.*

♪ Communion Music

Original Improvisation

Paul Burkle

♩ Hymn #339

“Deck Thyself, My Soul, with Gladness”

Blue Hymnal

1 Deck thy - self, my soul, with glad - ness, leave the
 2 Sun, who all my life dost bright - en; Light, who
 3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's
 dost my soul en - light - en; Joy, the best that an - y
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der
 know - eth; Fount, whence all my be - ing flow - eth:
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this
 at thy feet I cry, my Ma - ker, let me
 from this ban - quet let me mea - sure, Lord, how

Silence

Sending of the Eucharistic Visitor

If no visitation is to be made, prayer is not said.

When the Eucharist is brought to people 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

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

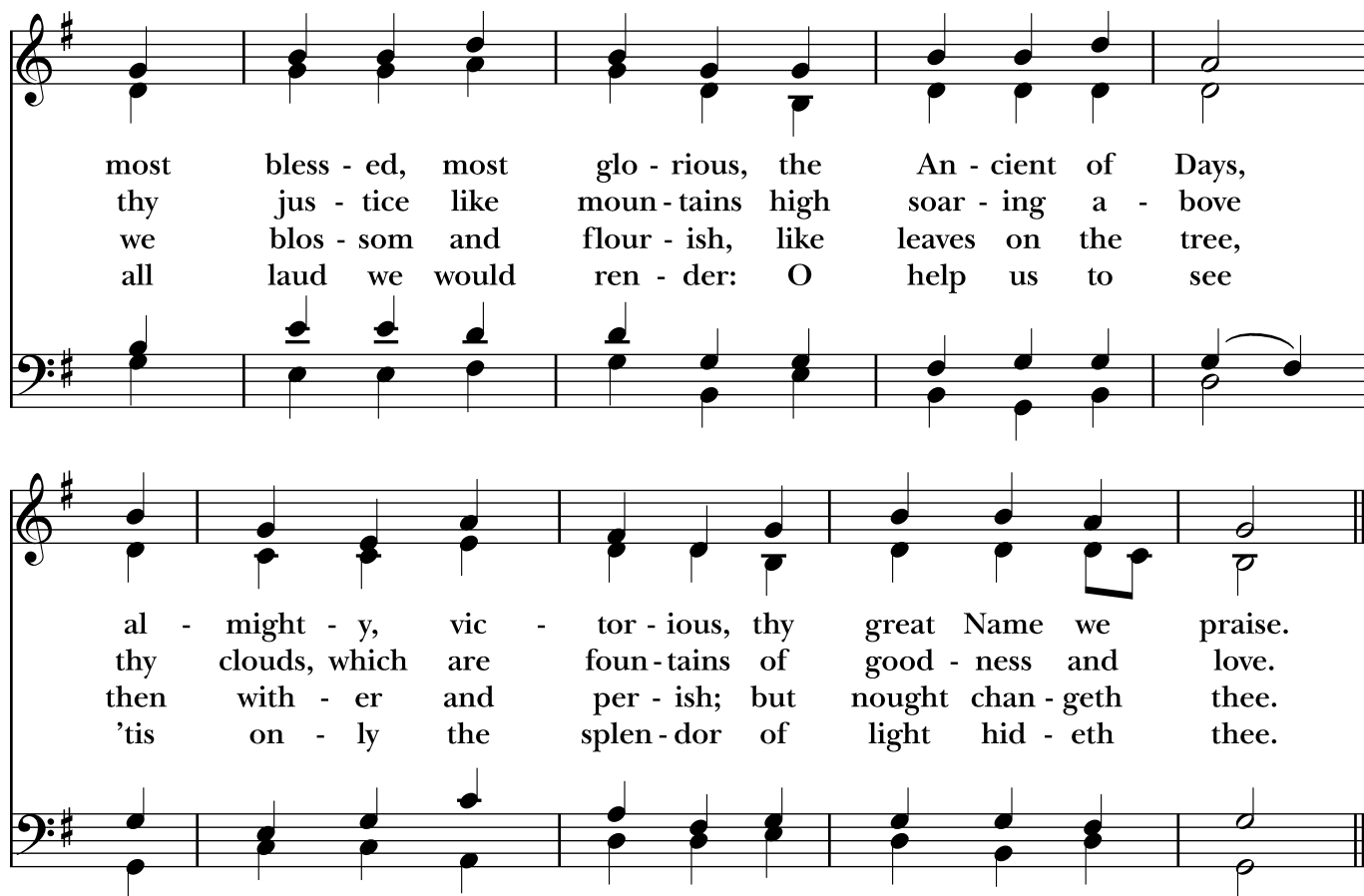
♩ Hymn #423

"Immortal, Invisible God Only Wise"

Blue Hymnal

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
2 Un - rest - ing, un - hast - ing, and si - lent as light,
3 To all life thou giv - est, to both great and small;
4 Thou reign - est in glo - ry, thou rul - est in light,

in light in - ac - ces - si - ble hid from our eyes,
nor want - ing, nor wast - ing, thou rul - est in might;
in all life thou liv - est, the true life of all;
thine an - gels a - dore thee, all veil - ing their sight;



most bless - ed, most glo - rious, the An - cient of Days,
 thy jus - tice like moun - tains high soar - ing a - bove
 we blos - som and flour - ish, like leaves on the tree,
 all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.
 thy clouds, which are foun - tains of good - ness and love.
 then with - er and per - ish; but nought chan - geth thee.
 'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter Chalmers Smith (1824-1908), alt. Music: *St. Denio*, Welsh hymn, from *Caniadau y Cyssegr*, 1839; adapt. John Roberts (1822-1877); harm. *The English Hymnal*, 1906, alt.

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 II
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Ministers of the Service

Celebrant:	Rev. Linzi Stahlecker
Preacher:	Rev. Linzi Stahlecker
Eucharistic Minister:	Sarah Chesebro
Eucharistic Assistant:	Barbara Hirahara
Lector:	John Horsley
Music:	Paul Burkle
Flowers:	Sharon Porter
Ushers:	Maureen Titus & Connie Weldon
Altar Guild:	Sarah Chesebro
Online Host:	Jane Wu
Tellers:	Steve Cake & Sandy Fisher
Technical:	Hannah Matthews
Coffee Hour Host:	Barbara Hirahara

This Week at St Ben's

Monday 3:30p	Sep 30 Liturgy Committee Meeting (Zoom)
Tuesday 9:45a 10:30a	Oct 1 Prayers of the Morning (Zoom) Spiritual Conversation (Zoom)
Thursday 6:00p	Oct 3 Choir Practice
Saturday 12:00p	Oct 5 Peoples Kitchen
Sunday 10:30a	Oct 6 Eucharist Service

Announcements

Personal Prayer: 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 group will be discussing ideas from the book [The Great Emergence: How Christianity Is Changing and Why](#) by Phyllis Tickle. 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](#).

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.



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