



St Benedict's Episcopal Church

~ *Tending Mind and Soul in Los Osos* ~

The Twenty-second Sunday after Pentecost

October 20, 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! 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.

Please silence your phones.

~ Prelude ~

Original Improvisation

Paul Burkle

(please stand as you are able)

Celebrant: Blessed be the one, holy, and living God.

People: ***Glory to God for ever and ever.***

Celebrant: Let us pray.

All: ***All-compassionate and most merciful God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.***

♪ Hymn #410

“Praise my soul the King of Heaven”

Blue Hymnal

Collect of the Day

Celebrant: God be with you.

People: ***And also with you.***

Celebrant: Let us pray.

Almighty and everlasting God, in Christ you have revealed your glory among the nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People: *Amen*

(please be seated for the readings)

Job 38:1-7

Reader: *A Reading from the book of Job*

The LORD answered Job out of the whirlwind:

"Who is this that darkens counsel by words without knowledge?

Gird up your loins like a man,

I will question you, and you shall declare to me.

"Where were you when I laid the foundation of the earth?

Tell me, if you have understanding.

Who determined its measurements—surely you know!

Or who stretched the line upon it?

On what were its bases sunk,

or who laid its cornerstone

When the morning stars sang together

and all the heavenly beings shouted for joy?"

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

People: *Thanks be to God*

Psalm 104:1-9, 25, 37b

Bless the LORD, O my soul; *

O LORD my God, how excellent is your greatness!

you are clothed with majesty and splendor.

You wrap yourself with light as with a cloak *

and spread out the heavens like a curtain.

You lay the beams of your chambers in the waters above; *
you make the clouds your chariot;
you ride on the wings of the wind.

You make the winds your messengers *
and flames of fire your servants.

You have set the earth upon its foundations, *
so that it never shall move at any time.

You covered it with the Deep as with a mantle; *
the waters stood higher than the mountains.

At your rebuke they fled; *
at the voice of your thunder they hastened away.

They went up into the hills and down to the valleys beneath, *
to the places you had appointed for them.

You set the limits that they should not pass; *
they shall not again cover the earth.

O LORD, how manifold are your works! *
in wisdom you have made them all;
the earth is full of your creatures.

Hallelujah!

Hebrews 5:1-10

Reader: A Reading from the letter to the Hebrews

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;
as he says also in another place,
“You are a priest forever,
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

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 #635

“If thou but trust”

Blue Hymnal

Mark 10:35-45

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

People: Glory to You, Lord Christ.

James and John, the sons of Zebedee, came forward to Jesus and said to him, “Teacher, we want you to do for us whatever we ask of you.” And he said to them, “What is it you want me to do for you?” And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?” They replied, “We are able.” Then Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.”

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, “You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not

so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many.”

Gospeller: The Gospel of Christ

People: Praise to You, Lord Christ.

Sermon

the Reverend Linzi Stahlecker

[We pause for a few moments' reflection.]

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

Lord, as you have called us, make us worthy of our calling. Let us see you in others: let others see you in us. Make us more sensitive to others and their needs, Lord, make us a serving church, a giving church, a loving church. Lord in heaven, *hear us and help us.*

We pray for the world's poor, for desert-dwellers and places where crops have failed, for all who have suffered from floods or other disasters, for all who have no place to call home, for street children and displaced persons. Lord in heaven, *hear us and help us.*

Lord, make us useful in the community in which we live. Make us gracious, make us generous, make us aware of where we can help. We pray for loved ones and friends, especially any in need. Lord in heaven, *hear us and help us.*

Lord, be a strength to all who are finding life difficult, for any with difficult decisions to make, any having difficulty at work or in their relationships. We pray for those who await operations or the doctor's diagnosis, for all sitting by the bed of a loved one who is ill, for all suffering peoples. Lord in heaven, *hear us and help us.*

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

Celebrant: Christ, our great High Priest, you deal gently with the ignorant and the wayward; in your great goodness lead us into the ways of justice and peace, that we may faithfully serve you on earth until we rejoice in your kingdom in glory. *Amen.*

Adapted from *Traces of Glory* by David Adam 1999

Confession and Absolution

Let us confess our sins to God.

All: ***God of all mercy,***
we confess that we have sinned against you,
opposing your will in our lives.
We have denied your goodness in each other,
in ourselves, and in the world you have created.
We repent of the evil that enslaves us,
the evil we have done,
and the evil done on our behalf.
Forgive, restore, and strengthen us
through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.

Celebrant: *All Compassionate God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.*

The Peace

Celebrant: The peace of Christ be always with you.

People: ***And also with you.***

Please 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 use the QR code to the right to access and contribute via our website www.stbenslososos.org at any time.



♫ Hymn

“Just a closer walk with thee”

LEVAS 72

1. I am weak but thou art strong; _____
 2. Through this world of toil and snares, _____
 3. When my fee - ble life is o'er, _____

Refrain: Just a clos - er walk with thee, _____

1. Je - sus, keep me from all wrong; _____ I'll be sat - is - fied as
 2. If I fal - ter, Lord, who cares? _____ Who with me my bur - den
 3. Time for me will be no more; _____ Guide me gent - ly, safe - ly

Refrain: Grant it, Je - sus, is my plea, _____ Dai - ly walk - ing close to

1. long _____ As I walk, let me walk close to thee.
 2. shares? _____ None but thee, dear _____ Lord, none but thee.
 3. o'er _____ To Thy king - dom _____ shore, to thy shore.

Refrain: thee, _____ Let it be, dear _____ Lord, let it be.

D.C. for Refrain

Words: Anonymous. Music: American Folk Song.

(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

EOW1

Celebrant: The Lord be with you.

People: *And also with you.*

Celebrant Lift up your hearts.

People: *We lift them to the Lord.*

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

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

Celebrant: It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

♪ Sanctus

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

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

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

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

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

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

All: *Through Christ and with Christ and in Christ,
in the unity of the Holy Spirit,
to you be honor, glory, and praise, for ever and ever. Amen.*

The Lord's Prayer

And now, as our Savior Christ has taught us, we are bold to say,

*Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.*

The Breaking of the Bread

The celebrant breaks the Bread

♪ Fraction Anthem

S 161

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,



you take a - way the sins of the world: grant us peace.

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

Holy Communion

Celebrant: The Gifts of God for the People of God.

If God is calling you, you are welcome to receive communion when the celebrant invites your section forward. It is the custom at St. Ben's to receive Communion in a circle, and to return to our seats once everyone in the circle has received - the ushers will help guide you.

If you prefer to receive a blessing, please cross your arms over your chest. If you do not wish to receive the wine, please know that the full grace of the sacrament is present in the bread alone.

♪ Communion Music

Original Improvisation

Paul Burkle

♪ Hymn #487

“Come my way”

Blue Hymnal

Silence

(please stand as you are able)

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

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen

Blessing

Go with a tender and grateful heart, remembering that you may be the only gospel that your neighbor reads this week. In all you say and do, spread the grace of God, the love of Jesus and the friendship of the Holy Spirit; and know that you are blessed by the grace, love and friendship of our Creator, to be a blessing in this world. *Amen.*

(please stand as you are able)

♪ Hymn #450

“All hail the power of Jesus’ Name”

Blue Hymnal

Dismissal

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

All: *Thanks be to God.*

♪ Postlude

Original Improvisation

Paul Burkle

Eucharist Liturgy Adapted from Enriching Our Worship
© 1988 Church Publishing Incorporated Used with permission
Music reproduced and broadcast under OneLicense #A706314

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. Linzi Stahlecker
Eucharistic Minister:	Brian Spolarich
Eucharistic Assistant:	Alan Kiste
Lector:	Roz Malone
Music:	Paul Burkle
Flowers:	Brian Spolarich
Ushers:	Alan Kiste & Connie Weldon
Intercessor:	Sandy Fisher
Altar Guild:	Diana Hammerlund
Online Host:	Jane Wu
Tellers:	Alice Welchert & Steve Cake
Technical:	Hannah Matthews

This Week at St Ben's

Sunday	Oct 20
12:30p	Parish Council Meeting
Monday	Oct 21
3:30p	Liturgy Committee Meeting (Zoom)
Tuesday	Oct 22
9:45a	Prayers of the Morning (Zoom)
10:30a	Spiritual Conversation (Zoom)
Thursday	Oct 24
6:00p	Choir Practice
Friday	Oct 25
6:00p	Gratitude Dinner
Sunday	Oct 27
10:00a	Eucharist Service
12:00p	Rev. Jen Crompton's Farewell

Announcements

COFFEE WITH REV. LINZI: If you ever fancy getting together, to talk over something that's on your heart, to chat about your prayer life, explore a question of faith, or just to get to know each other, please don't hesitate to reach out: linzi@stbenslososos.org, I'd love it! We can meet for coffee, or I could come to you for a home visit, just let me know.

NEW NAME TAGS: If you've not yet responded to our little survey to capture your name and pronouns for our new name tags, please use the link in the Benediction Weekly. If you'd like to chat with Rev. Linzi about this, or have any questions you'd like to discuss, please do reach out - that's why she's here! This is important, friends, it's about our welcome, and it's also a justice issue.

GRATITUDE DINNER: St. Ben's will be holding our annual Gratitude Dinner on Friday, October 25th @ 6pm. Please RSVP by October 20th by sending an email to the office. office@stbenslososos.org

PERSONAL PRAYER: If you'd like prayer support during the week, contact Sandy Fisher (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@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.

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

Land Acknowledgment

We acknowledge with gratitude the yak tityu tityu yak tilhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today. May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Our Mission Statement

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry, and commitment to social justice.

Our Inclusivity Statement

The people of St Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, nurture, fellowship, and service.

Our welcome knows no boundaries of age, race, ethnicity, culture, gender, sexual orientation, gender identity or expression, economic condition, or physical or mental ability.

We embrace and seek to preserve the beautiful, amazing diversity of God's creation. We cooperate in ministry with other local churches and groups of God's people as we participate in the worldwide mission of Christ.



St. Benedict's Episcopal Church

PO Box 6877

2220 Snowy Egret Lane

Los Osos, CA 93402

805-528-0654

office@stbenslososos.org

www.stbenslososos.org

