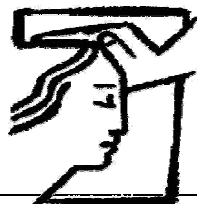


# Benediction Weekly

## July 23, 2017

*St. Benedict's Church 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.*



### Healing Service Next Sunday

There will be a time for special prayers for healing and for the laying-on of hands and anointing with holy oil during the 10:30 service next week. St. Benedict's regularly has such a service on 5<sup>th</sup> Sundays. On other Sundays a member of the Intercessory Prayer team is available for private prayers after the service.

**This week at St. Benedict's:**  
(at the church unless otherwise specified)

#### TODAY

8:00 am – Contemplative Communion Service  
9:20 am – Bible Study  
10:30 am – Holy Eucharist w/music

#### Tuesday, July 25

2:00 pm – Healing Ministry Meeting  
5:30 pm – Vespers, followed by potluck

#### Wednesday, July 26

2:30 pm – Earthcare Planning Meeting  
4:00 pm – Los Osos Cares  
7:00 pm – Choir Practice

#### Sunday, July 30

8:00 am – Contemplative Communion Service  
9:20 am – Bible Study  
10:30 am – Holy Eucharist w/Healing Service

*Rev. Caro+ will be on Vacation*  
*July 31 - August 12*

**People's Kitchen, Saturday, Aug 5th**  
Please sign-up at the usher's station.

### August is PB&J month at St. Benedict's!



Our neighbors at the Prado Day Center need to start their days with a nutritious breakfast. Therefore the month of August is officially Peanut Butter and Jelly Month at St. Benedict's! Peanut butter is great -- it's jam-packed with protein and many brands are low in sugar and sodium. Although it's high in fat content, most of the fat is monounsaturated or polyunsaturated, both of which are positively linked to heart health. The connoisseur may want to slather on some jelly or jam for an all-American favorite. Yes! The PB&J sandwich originated in these United States in the early 20th Century. So write "peanut butter" on your shopping list, or "jelly," or both. Toss in a box of graham crackers (longer shelf-life than bread and more rodent-proof) and you will be setting a breakfast table for many!

### St. Ben's 18th Annual Jazz Concert - Sunday, August 20th, 3pm



This concert will feature the sound of the vibraphone, played by Darrell Voss, joined by Dave Becker on saxophones, Marshall Otwell on piano, Bob Bennett on trumpet, and Ken Hustad on bass. The band will offer a variety of Swing and Latin Jazz selections, featuring a tribute to some of the Vibe Masters: Lionel Hampton, Milt Jackson and Cal Tjader (requested by last year's enthusiastic audience).

This All-Star line-up is sure to please, with a beautiful blend of familiar melodies, harmonies, and improvised excitement. Complementary snacks and beverages will be served on the veranda, with wine and beer for sale. This year, the Silent Auction will feature hand-sewn quilts, in addition to goods donated by local growers and Los Osos businesses. Tickets \$25, on sale now online at our website, at Boo Boo Records in SLO, or at the Abundance Shop. *To volunteer to help, please contact Pamela Bleisch Strawn at 805-602-1240.*

#### **Serving God and the People of St. Benedict's this Week:**

Celebrant: The Rev. Dr. Caroline Hall; Preacher: The Rev. Donna Ross; Eucharistic Minister: Sarah Chesebro;  
Chalice Bearer: Rob Ross; Lector: Bryson McKelvey; Ushers: Connie Weldon & Ron Thompson;  
Greeter: Bobbie Shields; Altar Guild: Lisa Gonzalez & Stef Shuman; Flowers: Alice Welchert;  
Coffee Hour Hosts: Suzan Vaughn, Pat Henry, and Laura Thompson;  
Tellers: Bryson McKelvey & Diana Hammerlund; Intercessors: Louisa Beeler & Julie Bailey;  
Music Director: John Cribb ***Thank you all for your service!***



**BIBLE STUDY** - Come join us for Bible Study at 9:20 a.m. every Sunday except first Sundays.

**DREAMS & SPIRITUALITY GROUP** - First and third Thursdays, 7-8:30 pm.

**EARTHCARE** - A discussion/action group to formulate local solutions to environmental concerns. Second Wednesdays at 2:30 pm.

**HEALING SERVICE** - a time for prayers for healing at the 10:30 service on 5th Sundays.

**HOLLISTER INSTITUTE** - Opportunities for stimulating discussion and thoughtful exploration for everyone, whether or not they are members of a church. See website.

**INTERCESSORY PRAYER CIRCLE** - Prayers for the community and the world. 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 10am.

**LITLOVERS' BOOK CLUB** - Discussion and fellowship in members' homes. 4<sup>th</sup> Saturdays 1pm (Suspended till September)

**LUNCH BUNCH** - lunchtime social gathering following church, 2<sup>nd</sup> Sundays at Celia's Garden Café.

**MEN'S BREAKFAST** - morning social gathering, 2<sup>nd</sup> Saturdays 9am at Celia's Garden Café.

**PEOPLE'S KITCHEN** - Providing and serving food at Prado Day Center, 1<sup>st</sup> Saturday of even-numbered months.

**POTLUCK AND PRADO** on the 1<sup>st</sup> Sunday of each month donations to Prado Day Center are collected, and potluck lunch follows 10:30 service.

**VESPERS AND CONVERSATION** 5:30 pm Tuesdays. Vespers service using varying liturgies, followed by potluck supper.

**VESTRY / PARISH COUNCIL** 3<sup>rd</sup> Thursdays at 6:30pm  
The Rev. Dr. Caroline Hall, *Rector*  
Anne Kanter, *Sr. Warden*  
Pamela Bleisch, Lisa Gonzalez,  
Esta Kandarian, Barbara Schippers,  
Francis Rivinus, and Kathie West.

## Highlights of the Parish Council Meeting July 16, 2017

- The Abundance Shop continues to be abundant. We have installed some new lighting in the shop which will keep our costs down and also improved the security lighting outside the shop. At some point Francis and Karin hope to install a shed in the backyard for the sale racks etc.
- We are looking for an understudy manager to learn Francis' job as Abundance Shop manager. We are considering making this a paid (part-time) position in the near future.
- Rod is still trying to get definite quotes for the fire sprinkler system
- The termite report showed \$850 of flying termite activity and no definite subterranean activity. We agreed to get the flying termite treatment. We should get a termite report every three years.
- Only three households have indicated that they have remembered St Ben's in their wills. We plan a thank you for them in the near future and also a workshop on making your will etc in order to encourage others.
- The sub-committee working on the 5 year Mission and Ministry plan has not met since the Parish Meeting on Core Values
- Hopes Village has received information from the Planning Dept on the issues they will need to consider if they are to put a mini-village on our land. The Parish Council felt that contacting the neighbors was premature.
- The Employee Personnel manual is nearly complete. A couple of changes need to be considered.
- We are short 2 vestry members following the resignations of Ken Kenyon and Rod Morse. We will have the Geek Squad come to advise us on using Skype in our meetings and improving the wi-fi signal following difficulties during the recent webcast

## DIOCESAN WOMEN'S RETREAT August 14<sup>th</sup> - 15<sup>th</sup>

**St. Francis Retreat Center, San Juan Bautista**

Sponsored by the Episcopal Church Women of El Camino Real

The theme of the 35th Annual Mary Lou Thompson Retreat is "**Art Inspired by Faith**". Be ready to find God in the beauty of art. The retreat leader is The Rev. Penelope Duckworth, who is well known for her art and writing. Please bring an art object to share -- a picture, poem, song, dramatic reading, an artifact, or your own special choice. The Retreat will be held from 2 pm on Monday, August 14th to 2 pm on Tuesday, August 15<sup>th</sup> at the St. Francis Retreat Center, San Juan Bautista. **REGISTRATION** -includes 1 night's lodging - 3 meals - retreat program. Semi - Private Room \$145; Private Room \$175 Commuter (Days Only) \$100 - includes 2 meals ADA Accessible. Some scholarship assistance is available if cost would prevent attendance. For more information, contact ECW President, Diane Lovelace: call 408-263-8945 or [DiLovelace@aol.com](mailto:DiLovelace@aol.com).

*(Registration forms are available at Usher's station and on our bulletin board.)*

**Keeping in Touch during the Week.** For counsel & spiritual care, please contact any of the clergy: The Rev. Dr. Caroline Hall, 704-5826; The Rev. Donna Ross, 235-5117; The Rev. Barry Turner, 784-0670; or The Rev. Faye Hogan, 541-4595.

Call Celeste Pennington with pastoral care & prayer chain requests, 771-8974.

**St. Benedict's Episcopal Church - 2220 Snowy Egret Lane - PO Box 6877, Los Osos, CA 93412**

[office@stbenslosos.org](mailto:office@stbenslosos.org) Telephone: (805) 528-0654 [www.stbenslosos.org](http://www.stbenslosos.org)