

# Benediction Weekly

## February 7, 2016

*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.*



### LENT BEGINS THIS WEEK

THERE WILL BE TWO SERVICES AT ST BENEDICT'S ON FEBRUARY 10 OF THE ASH WEDNESDAY LITURGY WITH IMPOSITION OF ASHES

12 NOON AND 7:00 P.M.

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

#### **TODAY**

10:30 am – Holy Eucharist followed by potluck lunch  
Visitors are welcome!

#### **Tuesday, Feb 9**

5:30 pm – Vespers

6:15 pm – Shrove Tuesday Pizza Party

#### **Wednesday, Feb 10 - ASH WEDNESDAY**

10:00 am – Intercessory Prayer Circle

12 noon & 7:00 pm – Service with Imposition of Ashes

2:30 pm – Green Group

#### **Thursday, Feb 11**

10:00 am – Hollister Institute: "Things Hidden"

#### **Saturday, Feb 13**

9:00 am – Men's Breakfast at Sea Pines Grill

5:30 pm – Saturday Evening Eucharist

#### **Sunday, Feb 14**

8:00 am – Contemplative Communion Service

10:30 am – Holy Eucharist with music

12:20 pm – Lunch Bunch at Celia's Garden Café

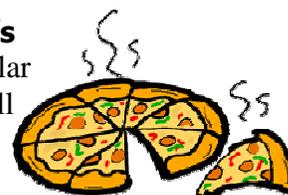
3:00 pm – "For the Love of Music" Community Concert

### *Shrove Tuesday is February 9*

#### **Pizza Party at St. Benedict's**

At 6:15pm, following our regular Tuesday Vespers, St. Ben's will have its annual Pizza Party.

Everyone is welcome! Bring salad, dessert, or beverage to share.



#### **Pancake Supper at St. Peter's**

If you prefer pancakes to pizza, you are invited to join St. Peter's, Morro Bay at their annual Shrove Tuesday Pancake Supper from 5:30 to 7 pm. They will be

servicing pancakes, sausage, applesauce and all the trimmings. No charge, but free will offerings are welcome. Join in with this feast before the fast.  
545 Shasta Ave, Morro Bay.



### **Highlights of Annual Parish Meeting**

We elected Esta Kandarian and Jo Oliver to the vestry and Barbara Skippers to the Parish Council. Rob Ross, Diana Hammerlund and Bryson McKelvey will be our Deanery and Diocesan delegates, and Alternates will be Pamela Bleisch and Lisa Gonzales.

Pamela Bleisch and Celeste Pennington were thanked for their service on the vestry. They have both reached the end of their three year terms. Michael Lucas is stepping down from Parish Council, and was presented with an "Above and Beyond" award for his work on the building project. Carol Baker also received an "Above and Beyond" award for her work in the kitchen and in keeping us well supplied with hospitality items. The Vestry Cross was given to Rob Ross for his work with the parish website. Since Rob retired, the position of webmaster is vacant.

We adopted two budgets for 2016: one for now and one for when the stock market goes back up and our stock becomes more valuable again. At that we point we can restructure the loan.

Please take a copy of the Annual Report so you can know more about what goes on around the parish!

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Bob Pelfrey; Chalice Bearer: Diana Hammerlund;  
Lectors: Alek Speck & Bob Pelfrey; Ushers: Alan Kiste & Brian Spolarich; Greeter: Margaret Fegan;  
Altar Guild: Diana Hammerlund; Flowers: Laura Thompson; Potluck Hosts: Karin Cake & Ann Kanter;  
Tellers: Judy Schloss & Steve Cake; Cantor: Diana Hammerlund; Music Director: John Cribb

St Benedict's Episcopal Church - 2220 Snowy Egret Lane - PO Box 6877, Los Osos, CA 93412  
[office@stbenslososos.org](mailto:office@stbenslososos.org) Telephone: (805) 528-0654 [www.stbenslososos.org](http://www.stbenslososos.org)

## Scholarship Deadline Extended; DWT Students in Danger of Losing Education

The deadline has been extended to reach our \$30,000 scholarship goal for students in the Diocese of Western Tanganyika. Without your help, as many as a quarter of the 702 students our diocese supported last year will not get an education this year. Between \$7,500 to \$8,000 is still needed. If you have not already donated -- or if you would like to give more to help the children in danger of losing their education, please visit our donation page at <http://www.realepiscopal.org/donate/>  
 Checks can also be made out to The Diocese of El Camino Real with "DWT Scholarships" on the memo line.  
 Please mail them to The Episcopal Diocese of El Camino Real, P.O. Box 689, Salinas, CA 93902.



**DREAMS & SPIRITUALITY GROUP** –  
 First and third Thursdays, 7-8:30 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. 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 10am.

**LITLOVERS' BOOK CLUB** – Discussion and fellowship. 4<sup>th</sup> Saturdays 1pm in members' homes.

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

**MEET ME IN MORRO** – lunchtime social gathering, 3<sup>rd</sup> Tuesdays at varying restaurants in Morro Bay.

**MEN'S BREAKFAST** – morning social gathering, 2<sup>nd</sup> Saturdays 9am at Sea Pines Golf Resort Grill.

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

**RECTOR'S DISCRETIONARY FUND**  
 On the last Sunday of each month, the loose plate offering is designated to this fund to help those in need.

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

**VESTRY / PARISH COUNCIL:**  
 Maria Kelly, Sr. Warden  
 Pam Bleisch, Jr. Warden  
 John Cribb, Francis Rivinus,  
 Lisa Gonzalez, Michael Lucas,  
 Celeste Pennington, Anne Kanter,  
 Elaine Goodman, Kathie West

### *The Last Sunday after the Epiphany—Year C*

Welcome to our parish. On this final Sunday before Lent, the Epiphany theme of the manifestation of Jesus as the Son of God ends with the account of the most striking manifestation of all, prior to the Resurrection. The transfiguration of Christ was the turning point in his ministry, and for this reason, it comes at this turning point in the Church's year.

In today's Gospel reading, we are told that the conversation between Jesus and Moses and Elijah concerned his departure (in Greek, "exodus"), which he was to perform in Jerusalem. Luke's use of exodus reminds us of the close relationship in meaning as well as in time between Passover and the dying and rising of Jesus. Luke also tells us a few verses later that it was at this point that he "set his face to go up to Jerusalem," to his certain death. So today we set our faces to go through Lent and Good Friday in order to arrive at Easter.

The Old Testament reading gives us a parallel event in the life of Moses. In his encounters with God during his leadership of Israel, Moses' face was transfigured. The light of God shone forth from him. Starting with that story, Paul, in our second reading, describes the process of our growth in grace and one of gradually being transfigured into the image and likeness of Christ.

Today is traditionally the last Sunday we use "Alleluia" until Easter. It is not that we give up rejoicing, but rather that do this so that the restoration of its use at Easter will be a dramatic sign of Easter's newness. We now move to our Lenten pilgrimage looking toward the ultimate transfiguration of all people in the eternal Easter.

*From The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year.  
 Copyright © 2007 by Michael W. Merriman. Church Publishing Incorporated, New York.*

### Dip or Sip?



We use a common chalice as a symbol that we are all one in the communion of the saints and members of one Body of Christ. Studies have shown that this is quite germ free and the alcohol helps to ensure that all but the most immune deficient among us can safely drink it. However there are times when it feels better to dip (which is called intincting). But please be aware that if your fingers touch the wine you are putting far more germs into it than if you sip. So

please be very careful to dip very lightly.

You can also receive just with your eyes, so if you are especially concerned that you might have an infection OR that your immune system is depressed, we recommend crossing your arms over your chest and physically receiving just the bread.

### February 14 Concert

All are invited to a community concert at St. Ben's on Valentine's Day. Come enjoy "**For the Love of Music**" by former St. Ben's pianist Louise King and soprano Katherine Arthur, presenting the music of Brahms and Cole Porter. The 3 p.m. concert is free, but donations are welcome.



**The Green Group** (formerly the Climate Change Committee) to discuss global problems and formulate local solutions, will meet this week on **February 10** at 2:30pm Future meetings will be held regularly on the second Wednesday of each month at this time. For more information, please contact Bob Pelfrey at [bobpelfrey@charter.net](mailto:bobpelfrey@charter.net).

**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. Mary Elizabeth Pratt-Horsley, 528-7497; The Rev. Donna Ross, 235-5117; or The Rev. Barry Turner, 784-0670. Call Celeste Pennington with pastoral care & prayer chain requests, 771-8974.