

# Benediction Weekly

## May 22, 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.*



### *Healing Service Next Sunday*

There will be a time for special prayers for healing and for the laying-on of hands and anointing 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.

#### **CALENDAR – 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 with music

##### **Monday, May 23**

9:30 am – Endowment Committee Meeting

##### **Tuesday, May 24**

5:30 pm – Vespers, followed by potluck at 6:15  
7:00 pm – “Active Hope” study-action group

##### **Wednesday, May 25**

10:00 am – Intercessory Prayer Circle  
7:00 pm – Choir Rehearsal

##### **Sunday, May 29**

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

### **Rector's Furlough**

Caro+ is on furlough through June 18. As usual, our Sunday morning worship will be ably led by our clergy team; the wardens Anne Kanter and Maria Kelly will be on hand to deal with the business of the church; and Celeste Pennington and Esta Kandarian will coordinate pastoral care. Danna is also in the office Tuesday through Thursday 9:30 to 12:30 and ready to help you with questions about scheduling and administration. (See contact numbers on back page.) Visit the church website: [www.stbenslosos.org](http://www.stbenslosos.org) for our calendar and upcoming events.



### **Looking Ahead to June**

#### **June 6 – Black Lives Matter: A Conversation About Race** - 6:30 pm at Trinity United

Methodist Church. Gather for an evening of short videos and interactive conversation on race. Facilitated by: Julie Lynem and Gina Whitaker of Unitarian Universalist Fellowship Social Justice Committee and Co-Sponsored by Trinity and St Ben's.

**June 12 – SLO Deanery Meeting** – 2 pm at St. Ben's. There will be a speaker from SLO Housing Authority on Affordable Housing. Everyone is welcome to attend.

**June 26 – Ecology Walk of the Elfin Forest** 2-3:30 pm Starting at north end of 17th St. Join St. Ben's Earthcare group on a pleasant, one-mile stroll along the bluffs overlooking Morro Bay. This ecology walk will be led by Joe Morris and is co-sponsored by the local chapter of the Sierra Club. Learn about native plants, birds and lichen, invasive plants adapting to this beautiful preserve and their uses by the Chumash.

**June 30 – Hollister program “Embracing an Adult Faith”** 7:00 pm on Thursdays for 5 weeks. Each small discussion group will be introduced by a video of scholar Marcus Borg leading dialogues on God, Jesus, Salvation, Community, and Practice.

#### **Giving in April - St. Ben's General Operating Fund - Thank you!!**

April Income: \$ 6,995	Monthly Income Budgeted: \$ 11,961	Difference: (\$ 4,966) shortfall
YTD Income: \$ 49,896	YTD Income Budgeted: \$ 47,843	Difference: \$ 2,053 surplus

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

Celebrant: The Rev. Barry Turner; Eucharistic Minister: Judy Schloss; Chalice Bearer: Bob Pelfrey;  
Lectors: Janelle LaFond & Alek Speck; Ushers: Rob Ross & Rod Morse; Greeter: Margaret Fegan;  
Altar Guild: Pat Stoneman; Flowers: Joan Ghilotti; Coffee Hour Hosts: Charlene Morse & Anne Kanter;  
Prayer Team Intercessor: Celeste Pennington; Tellers: Mary Ellen Rico & Judy Schloss;  
Cantor: Steve Cake; Music Director: John Cribb ***Thank you all for your service!***



**On-Going  
Activities  
at St. Ben's**

**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. 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.

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

**VESTRY / PARISH COUNCIL:**

Maria Kelly, Sr. Warden  
Anne Kanter, Jr. Warden  
John Cribb, Francis Rivinus,  
Lisa Gonzalez, Barbara Schippers,  
Kathie West, Esta Kandarian  
and Rod Morse.

## *Trinity Sunday: The First Sunday after Pentecost—Year C*

Welcome to our parish. The first Sunday after Pentecost has been celebrated as a feast in honor of the Holy Trinity since the tenth century. Most festivals of the year celebrate a historical event, and although we celebrate a doctrine today, it is a doctrine based on historical events that revealed the nature of God as the Holy Trinity.

The first reading is from Proverbs. Here Wisdom speaks. She is the personification of God's mighty power. Wisdom describes herself as God's agent in creating the universe. Here we find an indication of the multipersonal God fully revealed as the Holy Trinity by Christ.

In the reading from Romans, we find Paul articulating the growing discovery of the first Christians that we experience God's salvation as the work of the Father, of Jesus, and of the Holy Spirit.

In the Gospel reading from John, Jesus describes the work of the Father, the Spirit, and himself as the work of the one God. This is not a developed doctrine of the Trinity (one was not fully developed by the church until the fifth century), but in it God is described as a dynamic relationship into which we are incorporated through the Holy Spirit.

We come together to celebrate the Eucharist, and, called together by the Spirit, we encounter Christ in word and sacrament revealing the Father, and leading us into that eternal exchange of love which is at the heart of the Blessed Trinity.

From *The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year*.  
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### **Potluck Guidelines**

I'm the kind of person who has an acute sense of responsibility so when I accidentally show up at a church potluck having forgotten to bring a dish, I have to talk myself out of a personal beat-down. But it shouldn't be that way. The truth is, we would all rather have you there participating in our spiritual community than staying away because you don't have a dish to share.

A recent Vespers discussion had all of us thinking about possible guidelines for potlucks since some folks mentioned they'd decided not to come due to the food obligations. So here are a few things to remember when it comes to potlucks at St. Ben's.

1. Everyone contributes what they can and this might be sweeping up, setting up tables, washing dishes, transport non-driving members, or many other non-food related gifts.
2. Your presence is a gift to the group
3. A friendly competition between chefs is a fun thing between certain members; you don't have to participate. Whatever you contribute is plenty good enough. We are all good enough.
4. Eating together is a special event. It's a nurturing time of sharing things that are not appropriate to share within the liturgy. Allow us to feed you when we can, and feed us when you can with whatever kindness or nurturing is yours to give.
5. Some folks love to prepare special dishes—allow them to give to the group in that way without personalizing it.

Hope to see you there.  
Suzan Vaughn

**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; The Rev. Barry Turner, 784-0670; or The Rev. Faye Hogan, 541-4595. Call Celeste Pennington with pastoral care & prayer chain requests, 771-8974.

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