

The Benediction

St. Benedict's Episcopal Church, Los Osos, California

The Rev. Dr. Caroline Hall

Rector

The Rev. Donna Ross

Associate Priest

The Rev. Barry Turner

Associate Priest

The Rev. Faye Hogan

Associate Priest

The Rev. Sharon G. Dalrymple

Deacon

The Parish Council

Anne Kanter, Sr. Warden

Rod Morse, Jr. Warden

Pamela Bleisch Strawn

Lisa Gonzalez

Esta Kandarian

Francis Rivinus

Barbara Schippers

Kathie West

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Sunday Services

The first Sunday of each month:

10:30 am One service of Holy
Communion with music

All other Sundays:

8:00 am Holy Communion
with inclusive language

10:30 am Holy Communion
with music

Refreshments and fellowship follow
each service.

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Dear Friends:

One of the things that I treasure about St Benedict's is the time we spend thinking about Scripture together, especially at the 8am Sunday service and on Tuesday nights at Vespers. This practice of regular reflection helps to inform my own spiritual life and preaching. At Vespers this week we reflected on Romans 14:19 "Let us then pursue what makes for peace and for mutual edification."



It's important that when we "pursue what makes for peace" we don't see that as never disagreeing, never having a different point of view, never rocking the boat. The peace which reigns because people are not communicating with each other is a false peace. In fact Jesus said, "Do not think I come to bring peace but a sword." (Matt 10:34) The peace of God is not a static state but is constant movement, like the dance of the Trinity. We are not going to all agree with one another all the time.

What makes for peace is when we can listen to one another respectfully and try to hear the person's point of view, even when we disagree with it. And also, it makes for peace when, after someone says something hurtful or does something which is extremely unhelpful, we let go of it. I think that's what forgiveness is, or at least the first stage of forgiveness – being willing to see things differently instead of holding on to our narrative of anger or hurt.

Which doesn't mean that we just put up with other people's bad behavior. Pursuing peace also means giving loving feedback. But when to speak and when to hold one's tongue? Probably when you're angry you're not going to give loving feedback!

I find the second part of the verse helpful – "mutual edification" or "mutual building-up". If all our conversation builds up each other and the community in an honest and loving way then together we create something beautiful. So this is a guide for me – will saying this build up or tear down? I don't always get it right, but it gives me a standard for my speech and my actions.

Jesus said he came to bring a sword because he knew that following him would pull people away from their old relationships, just like getting sober takes you away from your drunken friends. In the current political and social climate, pursuing peace and mutual edification is almost as counter cultural as following Jesus was in first century Palestine.

I am so grateful to be on this journey with y'all. We need each other's support and encouragement to maintain gospel values even when the rhetoric of television, internet and social media is encouraging us to tear down instead of build up and pursue enmity instead of peace.

Blessings, Caro+

Rev. Caroline J. A. Hall

Kevin and Judith Cadigan Moving to North Carolina

Danna Dykstra-Coy

The St. Benedict's congregation will say good-bye this month to Kevin and Judith Cadigan, long-time members who will be greatly missed. "We will sorely miss Judith and Kevin," says Rev. Caroline Hall. "Not just for Judith's pickles and Kevin's loquacity, but more importantly, for their solid presence among us, their care for those who are less fortunate and their generous hospitality. I hope they'll be back a lot."



The Cadigans' last Sunday will be July 9 before they move to Chapel Hill, North Carolina with Sarah their dog and their cat Shadow. Kevin and Judith will be closer to their daughter and only grandson with the move to a senior living community. "We trust that St. Benedict's will keep us on the mailing list," says Judith. "We'll be back to visit."

The Cadigans built their house in Los Osos in 2006 and moved full-time to the community eight years ago. They've been active members at St. Ben's during that time. Together they managed the church's Abundance Shop for four years. Judith continues to volunteer regularly at the thrift store. "Caro+ asked us to be managers, something we'd never done before," says Judith. "But we had a lot of fun doing it. It's a social place, where you often see the same regulars." It's also a central place for the community to re-

cycle and refurbish unwanted items, which makes it a community asset, Judith and Kevin concur. They credit Francis Rivinus, the current Abundance Shop manager, with modernizing the store and increasing its efficiency.

Through the years, Judith sang in the church choir, participated in the church Finance Committee and Endowment Committee and served as a lector and teller. She makes delicious pickles to sell for fundraisers. Kevin has participated in the Literature Lovers' Guild and the Men's Group. Asked what prompts them to volunteer for the church, Judith was quick to reply. "Why not? I had the time, and there was a need."

The Cadigans can be reached at their new address, 125 Essex Drive, Chapel Hill, NC 27514. The St. Ben's congregation wishes them well, and looks forward to their future visits.

(Photo: Danna Dykstra-Coy)

Call for Volunteers for Central Coast Pride

The Episcopal churches in the San Luis Obispo Deanery are sponsoring a booth at Central Coast Pride in Mission Plaza. **Volunteers are needed** to help set up the booth at 8 a.m. and/or staff the booth in one-hour shifts from noon to 5:30 p.m. at the event on Sunday, July 9.

This year we'll be handing out "Diversity Jelly Beans." You can't predict the flavor from the color of the bean! Last year, our booth was a great success, thanks to all who helped out. If you'd like to join the fun this year, or if you have questions, please contact Jeff Diehl at jeffreyldiehl@gmail.com. We invite everyone to stop by and sample the jelly beans.



Photo Central Coast Pride

30th Anniversary

A big thank you to everyone who participated in our special service to celebrate thirty years of ministry and the completion of the Great Room, Chapel, Corner Classroom and Bathrooms. Bishop Mary really enjoyed her time here and congratulated us on the good work we are doing. It was a lovely service with great music – thanks to John and the choir – and great food – thanks to Anne Kanter and her team. Our next celebration will be on Friday October 6 – a celebration with food and music (this will replace the normal Gratitude Dinner) and the year will cap with a visit from Fr. Matthew Fox the first weekend in December.

Matthew Fox is an internationally acclaimed spiritual theologian, Episcopal priest, and activist. Thomas Berry has said of him, “Matthew Fox might well be the most creative, the most comprehensive, surely the most challenging religious-spiritual teacher in America . He has the scholarship, the imagination, the courage, the writing skill to fulfill this role at a time when the more official Christian theological traditions are having difficulty in establishing any vital contact with either the spiritual possibilities of the present or with their own most creative spiritual traditions of the past.”

Finances and Building

We agreed on a challenging budget this year, and it *is* being a little challenging. It took a few months to finally get the bank loan reamortized, so that was cash out, even though it helped reduce the debt quicker. In addition, we have had a few building maintenance surprises – both rot and termites need fixing – and the road had to be resurfaced after the hard winter - so we will be well over the repairs budget this year.

If you made a pledge of support and have gotten behind, this would be a great time to catch up. If you can give a little more, please do. Summer is often a challenging time for us in terms of cash flow, and we have had to dip into the cash reserve. We are very grateful for God’s abundance channeled to us through the Abundance Shop which is a significant help.

The building project is now complete except for the sprinkler system. Rod is in the process of getting definite bids on this. Amazingly, we have been given \$60,000 dollars with another \$50k promised. We expect to be able to borrow the rest from the bank. Although this will put our debt up again, it will get this problem taken care of once and for all, and the costs go up every year that we delay it. When we have full information the vestry will bring this to the parish for discussion and input.

Ministry Plan

The Parish Council is now working on a five year mission and ministry plan. We invited y’all to contribute by reflecting together on our core values. The responses grouped together:

- Liturgical worship /Learning/ Education/ Contemplative orientation /Episcopal Liturgy, Ecumenical Spirit/ Faith- Perseverance/ Spiritual Support/ Experience of God
- Service to Community & World/ Helping/ Healing—Visiting the ill/ Outreach to people of need/ Protecting and Helping the disadvantaged/ Full of Kindness/Generosity & Community/ Abundant compassion
- Hospitality: Authentic, Informal, and Bounteous/ Growing in numbers/ Generosity & Community/ Joyful, Welcoming
- Inclusion & Tolerance/ Accepting/ Resourcing/ Dignity and Worth of the Person
- Willingness to Experiment/ Willingness to rethink our position(s)/ Always asking questions/Innovate the tradition!/ Flexibility/Transition/Opportunity
- Connection with and Care for Nature/ Harmony/ Stability/ Sustainability
- Musical/ Joy/ Joyful, Welcoming/ Beauty/ Happiness/ Fulfillment/ Entertainment
- Enthusiasm/ Participation/ We Can

All this will be added to the conversation as well as your ideas about how we live out our core values. Thank you!

Hospitality Notes

- If you can walk easily and you arrive before the service starts, please choose a parking space further away from the church and leave the closer ones for those who have mobility issues or who are late.
- Please consider sitting in the middle of a pew rather than at the end. It's very off putting for newcomers to have to clamber over you and feel like they're being a nuisance just trying to sit down.
- We will give priority in the back pew on the south end for families with children. You can sit there, but please be prepared to move if a family shows up. We don't want them to leave because there's no space for them. (Yes, this really happened!)

Vestry Membership

There are two unfilled seats on the vestry so please pray that the Holy Spirit will send people to fill them. Ken Kenyon has heard the Spirit calling him to worship with his wife Nita so he will no longer be coming to St Ben's and Rod Morse has resigned in order to be able to spend more time with Charlene who is experiencing a reoccurrence of cancer. If you are a confirmed or received Episcopalian, please ask yourself if God wants you to serve on the vestry!

Deacon Dispatch

Rev. Sharon Dalrymple

Hello my brothers and sisters from the nether regions of Nevada. I hope that even though I am gone, I am not forgotten, because I certainly think of y'all regularly.

Matthew's Gospel readings the last few Sundays remind me of when I was a little girl, and daddy would say, "Sharon Ann (normally I was "Sherry", so I knew any comment starting with "Sharon Ann" was a straighten up and fly right kind of prognostication! He would go on, "If you eat all of your salad and vegetables and clean your plate, (because children in China were starving, and we were not to waste food), you can have some dessert." You see the pattern....a job to do before the reward.

So, Matthew has been recounting that Jesus is telling his disciples, who have now become apostles—the difference being the former is a follower and the latter is a leader—that they have a job to do. They are to go out and proclaim the "Good News" that the kingdom of heaven is at hand. He gives them specific instructions on what they are to do and how they are to do it. And, He doesn't mince words about what it will be like. It will be far worse than having to eat slimy okra or bananas with mayo and nuts that even the dog under the table won't touch.

Jesus is sending them out to be like a sheep amongst wolves where parents will be against children, and children against parents; brothers and sisters will be against each other. They will be hated, reviled and persecuted, but even though they may lose their earthly body, there is something waiting at the end of that earthly life. It will be worth the hard and dangerous work, because then He tells them about their reward!

In an Episcopal seminar last fall in Dallas, Texas, Canon Rev. Stephanie Spellers, Presiding Bishop Michael Curry's Canon, asked the assembly why Episcopalians were so reticent (as in turn around and go the other way) to Evangelize. Some of the answers that were shouted out from the audience were dumbfounding! One of my personal favorites was "leave it to the clergy". Or, one of the really frightening answers was "I am not sure; what is the Good News?"

I believe we DO know about that "Good News"! And, I believe that each and every one of us is more than capable of sharing it with family, friends, and neighbors as well as strangers. We are the Los Osos branch of the Jesus Movement. We are apostles just like the twelve. And, that reward is waiting there for us too. I am not speaking of a weekend picnic with good eats, drinks and a comfy hammock. I am talking about our eternal life, that's FOREVER AND EVER, folks, with the Holy Trinity, the angels, and the saints who have gone before us. Let's get out the "Red Doors" and make some noise about that "Good News" Jesus is talking about....Dessert anyone?

Abundance Shop

Francis F. Rivinus

2016 was a year of major change for the Abundance Shop with the shop moving to its current location at 2025 9th Street and getting a new look both inside and out. The response from both our volunteers and customers has been very positive and the shop is blessed that nearly all of our volunteers have stayed with us despite the disruption and occasional confusion that moving into a new place and learning how to use the space effectively has involved. There was also the change from the cash register to a point of sale system supplied by Square with all the learning and startup glitches that any new system entails. A major motivation for moving to the new system was that the shop can now accept credit and debit cards as well as cash and checks. This capability demonstrated its value from the outset as the revenue from credit and debit cards rapidly became a significant part of the shop's daily sales figures. The shop's results for 2016 were a net revenue of \$48,000 compared to \$39,000 for 2015.



2017 is a year of consolidation for the shop. There are still improvements being made. However, they are incremental changes mostly transparent to our customers. The shop's performance for the first two quarters has been very good despite the winter weather. The average daily revenue for the first half has been over \$280 and enabled the shop to make a first and second quarter contributions to St. Benedict's of \$7,000 for a total of \$14,000 for the first half of 2017.

The shop's location has also lent itself to use as the venue for small gatherings outside of opening hours. Thus far we have hosted a Los Osos Chamber of Commerce mixer and an information session about a program called Home Share in addition to volunteer meetings.

During 2017 we are saying thank you and farewell to Don and Bobbie Shields and Kevin and Judith Cadigan. They have been a constant presence in the shop for many years and will be missed. They now join Bill and Joan Hayes in the ranks of Abundance Shop Volunteers Emeriti. We wish them all the best. We consider it our good fortune that Don Shields keeps coming down to see us and help us out on a regular basis!

We also keep Carol Baker in our thoughts and prayers. Saturday mornings aren't quite the same without her warm and friendly greetings.

In April, the shop's annual volunteer party took place in the home of Kevin and Judith Cadigan and was a wonderful success. One of the important functions of the annual party is to gather our volunteers together to select eight local charities to receive donations from the Abundance Shop. This year the volunteers selected:

The Los Osos Community Coalition

The Food Bank Coalition

The Noor Foundation Clinic

Meals the Connect (Formerly: The Senior Nutrition Program)

The Feline Network

The Canterbury Foundation

Transitions Mental Health Association

Woods Humane Society

Each quarter, St. Benedict's tithes 10% of the revenue donated by the Abundance Shop to two of the selected local charities.

With the retirement of some of our volunteers, we are looking for additional volunteer help, both customer facing such as cashiers and in the back office. Welcome interest/skill sets include: pricing, display/merchandising and repair/renovation. We particularly need additional cashiers now. If any reader feels moved to contribute to this important outreach effort of St. Benedict's, please contact me or Karin Cake and let us know.

Go Solar!

John Horsley

Did you know that you can convert to solar energy without installing solar panels? PG&E now has an option called Solar Choice that enables you to buy up to 100% of your electricity from small independent solar projects in PG&E's service area. You can enroll very easily by calling PG&E at 1-877-743-8429 or by enrolling online at pge.com.

Of course, your electric bills will go up by a small amount (they will tell you how much) as solar energy is still somewhat more expensive than traditional sources, but you will have the satisfaction of making a statement and helping to save the planet.



Education for Ministry

Education for Ministry (EfM) is being offered in the SLO Deanery this year beginning in September. Answers to FAQs below:

Who Should Attend? Every baptized person is called to ministry. The Education for Ministry program provides people with the education to carry out that ministry. During the Service of Confirmation we ask God to "Renew in these your servants the covenant you made with them at Baptism. Send them forth in the power of the Spirit to perform the service you set before them." EfM offers an opportunity to discover how to respond to the call to Christian service.

What's the Course About?: Participants in the EfM program study the entire sweep of the Christian tradition from the earliest period to the present. Participants learn the disciplines of biblical exegesis and interpretation, systematic theology, church history, ethics, liturgics, and ascetical theology.

The traditional content is not studied in a vacuum. Participants belong to small "communities of learning" in which the events of each person's life may be examined in the light of the materials being studied. While the course materials provide substantial academic content, the focus of the program is on life as ministry and understanding that ministry. EfM provides Christians with that basic skill which is the foundation of all Christian ministry — theological reflection. In doing this, participants sharpen their skills of personal and cultural assessment and enhance abilities to be effective in a variety of ministries.



What are the Reading Materials? The program recommends thirty-six group meetings during the course of an academic cycle. New members begin with the first lesson of year one. Participants in the same group may be studying at different levels. They read thirty-four chapters of academic content and five common readings which help the group to get started, to learn to reflect theologically, and to develop its spirituality.

Year One: Old Testament Year Three: Church History

Year Two: New Testament Year Four: Theology

Students are asked to commit to one year at a time. If you have taken EfM in the past, but haven't "graduated", you may start up from where you left off.

How much does it cost? All materials and books are provided as part of the enrollment fee (which is approximately \$375). Scholarships may be available.

Where is it held?: Location TBA South of the Grade

When does the course take place?: September thru June on Tuesday afternoons for 2-3 hours

If you are interested or have questions contact Lisa Gonzalez at (805) 544-2895, lgonzo@fix.net, or Mary Ann Hjalmarson at (805) 481-4509 or maryannhjalmarson@msn.com

Wedding and Reception, Saturday August 19

Elaine Mason and Marie Moore invite you to their Walk-About Wedding and New-Deck-at-Home Reception Saturday August 19th at Spooner's Cove, Montana de Oro State Park from 1-3 PM. Wear comfortable clothing, hats, and sunscreen! Meet at the Cove, walk around for about half an hour, then everyone gather so Elaine and Marie can exchange vows, Caro+ Hall presiding. Low tide is at 2:30 PM.



Reception and food: 1416 Las Encinas Drive, 3-6 PM. Go one block past South Bay Blvd. (eastward), turn right on Oakridge, then three blocks to Las Encinas...go left one block...you're there! (805) 528-3782 No gifts, please.

Jazz Concert Sunday August 20, 3 pm

SAVE THE DATE!

Save the date and don't miss this swinging afternoon of Jazz music from Darrel Voss and the All Stars. We will provide yummy snacks on the veranda, and wine and beer will be available for purchase. Silent auction prizes, too! To reserve your tickets, contact Pamela Bleisch Strawn 805-602-1240. Helpers and volunteers are most welcome. The annual jazz concert is our big fundraiser, and a St Benedict's tradition. Join the fun!



Chili Cook-Off Sunday October 8

SAVE THE DATE!

Save the date for the SLO Canterbury Foundation's 3rd Annual Chili Cook-Off, Silent Auction & Raffle Fundraiser on Sunday, Oct. 8th from 4-6pm at St. Stephen's in SLO.

If you have any items, gifts, or services you'd like to donate for the Silent Auction, please contact Chaplain Berkeley Johnson at canterburyslo@gmail.com or 805 550-5133. Thanks and Peace!

The Universal Christ: Archetype for Everything

The Franciscan teacher Richard Rohr introduces the theme of his upcoming publication in a webcast, first broadcast on June 20. Barry Turner will make this available in a replay at St. Benedict's after the Tuesday evening potluck, July 13. The presentation is one hour, followed by thirty minutes of questions and answers.



Rohr helps us with the paradigm shift we have to move through to see the Universal Christ when we have been used to seeing Christ exclusively in the person of Jesus. The Universal Christ is the archetype for all creation, the manifestation of the Word from the beginning of time. This is the same theme to be presented in the Stations of the Cosmic Christ that will be on display at St. Benedict's this winter. It is a way for Christians to see the entire world as sacred.

Richard Rohr webcast, Presented Tuesday, July 13, 2017, 7:15 pm at St. Benedict's Episcopal Church

LaundryLove.Org

Barbara Murray-Hirahara

The Laundry Love initiative consists of regular opportunities to help people who are struggling financially by assisting them with doing their laundry. For those living below the poverty line, washing clothes presents both a logistical problem and a financial hardship. Laundry Love partners with local laundromats in cleaning the clothes of those living in shelters, motels, cars, garages and on the streets.

The idea was born at St. Paul's Episcopal Church, Ventura, California. The story of LaundryLove began with T-Bone (Eric), a homeless gentleman who said, "If I had clean clothes I think people would treat me like a human being."

For the complete guide, How To's, and FAQ's go to LaundryLove.org, or attend our informational meeting (date and time to be announced soon.)

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