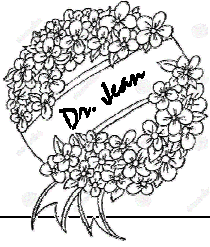


Benediction Weekly

February 18, 2018

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, education, nurture, fellowship and service.



Memorial Service for Jean Kugler Reed

11 am Saturday, February 24, followed by potluck lunch

Coming up 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

Monday, Feb 19

6:30 pm – Savage Grace study group

Tuesday, Feb 20

5:30 pm – Vespers, followed by supper

Wednesday, Feb 21

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

Saturday, Feb 24

11:00 am – Jean Reed Memorial Service

Sunday, Feb 25

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

Los Osos Community Dinner

Sign-up sheets

Monday, March 5th will be St. Benedict's next turn to host the Community Dinner at Trinity United Methodist Church in Los Osos, at 5pm. There are sign-up sheets at coffee hour for food and servers. These free dinners bless guests who need help putting food on the family table and all those who hunger for community.

Please contact Barbara H. at (805) 602-7777 for details.

Laundry Love

Date Correction

St. Benedict's will be sponsoring Laundry Love (providing laundry service to the homeless and financially disadvantaged) at the Osos Clean Laundry at the Valley Liquor complex on Wednesday, February 28th from 5-9pm. If you'd like to get involved, or have questions, please contact Barbara Hirahara.

A Fond Farewell

There will be a party here at 6pm on Friday, March 16th to say good-bye to Rob and Donna Ross, who are moving to Santa Rosa in April. Bishop Mary will be here to officiate at the leave-taking.



Canterbury Club's 3rd Annual Chili Cook-Off with Silent Auction and Raffle Fundraiser will be held Saturday, March 10th at St. Stephen's, from 4-6pm. Chili entries and donations for the silent auction are still being sought. Contact Berkley Johnson at canterburyslo@gmail.com or speak with Lorienne, Janelle or Brian

Giving in January – St. Ben's General Operating Fund -- Thank you!

January Income: \$22,965 Monthly Income Budgeted: \$13,420 Difference: \$ 9,545 surplus
(January Income includes pledge income paid in December that was for 2018.)

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

Celebrant & Preacher: The Rev. Barry Turner; Deacon: The Rev. Sharon Dalrymple;

Eucharistic Ministers: Brian Spolarich & Jim Arnold; Lectors: Diana Hammerlund & Bob Pelfrey;

Ushers: Alan Kiste & Esta Kandarian; Greeter: Michelle Frazier; Coffee Hour Hosts: Alice Welchert & Judy Schloss;

Altar Guild: Sarah Chesebro; Tellers: Bryson McKelvey & Francis Rivinus; Prayer Team Member: Lisa Gonzalez;

Music Director: John Cribb



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

ABUNDANCE SHOP – Thrift shop at 2025 9th St. Tues- Sat 10am-4pm.

BIBLE STUDY – Sundays at 9:20 am

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

EARTHCARE – A discussion/action group to formulate local solutions to environmental concerns. 2nd Weds 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. 1st & 3rd Wednesdays, 10am.

MEN'S BREAKFAST – morning social gathering, 2nd Saturdays 9am at Celia's Garden Café.

PEOPLE'S KITCHEN – Providing and serving food at Prado Day Center, 1st Saturday of even-numbered months.

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

SATURDAY EUCHARIST - Evening Eucharist on the 2nd Saturday of each month at 5:30pm, followed by potluck supper.

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

VESTRY / PARISH COUNCIL
3rd Sundays at 12:30pm
The Rev. Dr. Caroline Hall, Rector
Pamela Bleisch Strawn, Sr. Warden,
Lisa Gonzalez, Diana Hammerlund,
Alan Kiste, Michael Lucas,
Francis Rivinus, Lorianne Schwenk,
Lynn Wise

A Reflection for 1 Lent

“an appeal to God for a good conscience”

Genesis 9:8-17, Psalm 25: 1-10, 1 Peter 3: 18-22, Mark 1: 9 – 15

In the midst of two stories we know so well, the story of Noah and the flood and the story of Jesus and his baptism we hear in the First Letter of Peter some teaching about the nature of our baptism. He speaks of it “not as a removal of dirt from the body, but as an appeal to God for a clear conscience through Christ.” (1 Peter 3:21)

Lent is a time for us to be especially mindful of any and every arrogance reflecting the thought that some peoples are superior to others. I speak of the sins of racism, ethnic cleansing, and government-enforced policies of assimilation designed “to remake others in our image”. (The Anglican Church of Canada’s Apology to the survivors of the Indian Residential Schools in Canada, 1993)

Lent is a season to confess these sins against our brothers and sisters. It is a time to correct attitudes, words, and actions, blatant or subtle that perpetuate them. It is a time to forge new relationships grounded in our baptismal vow to strive for justice and peace among all people.

To quote First Peter, Lent is a season of “appeal to God for a good conscience”, cleansed of the sins of prejudice, and cleared for respect and affection, one for another in accord with the Gospel we proclaim.

*Archbishop Fred Hiltz
Anglican Church of Canada*

Prayer

“For all false judgements, for uncharitable thoughts toward our neighbours and for our prejudice and contempt toward those who differ from us, Accept our repentance, Lord.” Amen.

(The Litany of Penitence for Ash Wednesday,
The Book of Alternative Services, The Anglican Church of Canada)

From a series of Lenten Reflections prepared by Episcopal Church Presiding Bishop Michael Curry and leaders of the Anglican Church of Canada, the Evangelical Lutheran Church in Canada, and the Evangelical Lutheran Church in America.

A Short Lenten Study: Developing Compassion in Daily Life

This two session class will start by considering self-compassion. This aspect of self-care is too often confused in society with self-pity or laziness. We will examine the relevance of age-old Buddhist teachings and modern psychological research in learning how to treat ourselves in a friendly way, and see its linkage in sustaining our energy in caring for others. Several meditative exercises to foster self-compassion will be demonstrated. In the second session, we explore compassion for others, learning how it is not a forced, but an inherent disposition in all of us---but too often blocked by social and personal barriers like competition, guilt, social isolation, and self-focus. Can we actually grow in compassion and learn sincere kindness toward people who seem undeserving, unpleasant, or inimical to us?
March 8 and 15 7pm. Led by Joe Morris and Caro Hall+

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.

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