

Benediction Weekly

February 25, 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.



Potluck and Prado next Sunday

Please make a contribution for the Prado Day Center. We are still requesting Peanut Butter and Jelly and Graham Crackers for their breakfast program. Then bring something to share for our lunch. Suggestions based on last name for this month are:

A-G Dessert; **H-R** Salad & bread; **S-Z** Main dish

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

Tuesday, Feb 27

2:00 pm – Healing Ministry meeting
5:30 pm – Vespers, followed by supper

Wednesday, Feb 28

5:00 pm – Laundry Love at Osos Clean Laundry
7:00 pm – Choir Rehearsal

Thursday, Mar 1

7:00 pm – Drop-in Dream Group

Sunday, Mar 4

NO 8am Service
9:20 am – Bible Study
10:30 am – Holy Eucharist, followed by potluck lunch:
A-G Dessert; **H-R** Salad & bread; **S-Z** Main dish

Developing Compassion in Daily Life

*Thursday evenings, 7-8:30 p.m., March 8th and 15th
Led by the Rev. Caroline Hall and Joe Morris.*

In these two sessions, we will explore on a very personal level the journey of compassion: kind awareness and action toward suffering, both in others and in ourselves.

We begin in the first session with 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?

In both sessions, we will devote ample time to personal discussion and the experiences of participants. We can all learn from each other about these crucial spiritual topics.

A limited number of copies of the recommended book for the series, The Compassionate Life, by the Dalai Lama, will be available for purchase at St. Benedict's, at a discount price of \$8.

Coming Soon

Monday, March 5th at 5pm - St. Benedict's will host the *Community Dinner* at Trinity United Methodist Church in Los Osos. There are sign-up sheets at coffee hour for food and servers. Barbara Hirahara (805) 602-7777 has details.

Saturday, March 10th from 4-6pm - Canterbury Club's 3rd Annual *Chili Cook-Off* with Silent Auction and Raffle Fundraiser will be held at St. Stephen's, SLO.

Friday March 16th at 6pm - *Good-bye Party* for Rob and Donna Ross, who are moving to Santa Rosa in April. Bishop Mary will be here to officiate at the leave-taking.



Cash put in the offering plate on the last Sunday of each month (like today) is dedicated to the Rector's Discretionary Fund, which helps those who are in need of emergency assistance. Or you may contribute by check to St. Ben's marked "RDF." *Thank you!*

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

Celebrant: The Rev. Dr. Caroline Hall; Deacon: The Rev. Sharon Dalrymple; Eucharistic Minister: Bryson McKelvey; Chalice Bearer: John Horsley; Lectors: Joan Hayes & Lorianne Schwenk; Ushers: Rob Ross & Michael Lucas; Greeter: Steve Hirahara; Coffee Hour Hosts: Pat Stoneman & Diana Hammerlund; Altar Guild: Michelle Frazier; Tellers: Judy Schloss & Stef Shuman; Prayer Team Member: Louisa Beeler; Guest Musician: Jan Swanson; Cantor: Alan Kiste; 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,
Esta Kandarian, Alan Kiste,
Michael Lucas, Francis Rivinus,
Barbara Schippers,
Lorienne Schwenk, Lynn Wise

A Reflection for 2 Lent

"take up their cross and follow me"

Genesis 17:1-7, 15-16 Psalm 22:23-31 Romans 4:13-25 Mark 8:31-38

"Jesus called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me.'"

A big part of taking up the cross of Jesus is being willing to speak out against injustice and hatred. In Canada, hate crimes against Jews, Muslims, indigenous people, black people, as well as against others, continue to grow. The year 2017 began with a violent mass shooting that left six men dead at a Quebec City mosque.

As a church and as individuals, we need to continue to speak out against all forms of hatred and to build bridges with people of all faiths. Following Jesus requires us to speak a clear message of love, respect, tolerance and understanding.

*National Bishop Susan Johnson
Evangelical Lutheran Church in Canada*

Prayer

Jesus, in the face of hatred and intolerance, give to us the courage and commitment to speak out for peace and love and stand with our neighbours.
Amen

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.

MARCH HIGHLIGHTS AT ST. BENEDICT'S

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sundays:

Contemplative Communion 8a (except 1st Sun)
Bible study 920a
Holy Eucharist with Music 1030a

Weekly Events:

Tuesdays: Vespers 530p, Potluck 615p
Wednesdays: Choir Rehearsal 7p

Daylight Saving Time Begins
March 11
Spring Forward!



- 1 - Drop-In Dream Group, 7p
- 4 - Potluck + Prado 12p
- 5 - Community Dinner at TUMC, 5p
- 5 - Hollister Inst: Savage Grace, 630p
- 7 - Intercessory Prayer Circle, 10a
- 8 - Developing Compassion, 7p
- 10 - Men's Breakfast at Celia's Café, 9a
- 10 - Canterbury Club Chili Cookoff, 4p
- 10 - Saturday Evening Eucharist, 530p
- 10 - Parish Council Retreat Day
- 14 - EarthCare Mtg, 230p
- 15 - Drop-In Dream Group, 7p
- 15 - Developing Compassion, 7p
- 16 - Ross Farewell Party, 6p
- 19 - Hollister Inst: Savage Grace, 630p
- 21 - Intercessory Prayer Circle, 10a
- 24 - Spring Spruce-up Workday
- 27 - Healing Ministry Meeting, 2p

HOLY WEEK SERVICES:

- 25 - Palm Sunday, 8a + 1030a
- 29 - Maundy Thursday, 7p
- 30 - Good Friday, 12n at StB and 7p at TUMC
- 31 - Great Vigil of Easter, 730p
- 1 - Easter Day, 8a + 1030a

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 Telephone: (805) 528-0654 www.stbenslosos.org