

# Benediction Weekly

## September 30, 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.*



### TODAY IS HEALING OF CREATION SUNDAY

Today in the Season of Creation we celebrate Earth Healing Sunday. Just as God wills restoration and healing for our bodies, so too God wills healing for the planet. The tree of life is found in the Garden of Eden and again in the great city of God at the end of time, where its leaves offer healing for the nations. When we are connected to God like the branches of a vine, healing happens for all beings.

#### This Week at St. Benedict's

(at the church unless otherwise specified)

#### **TODAY** – HEALING OF CREATION SUNDAY

8:00 am – Contemplative Communion Service

9:20 am – Bible Study

10:30 am – Holy Eucharist with Healing Service

2:00 pm – SLO Deanery Mtg at St James, PR

#### **Tuesday, Oct 2**

3:45 pm – Hollister Inst: "A Good Life"

5:30 pm – Vespers, followed by potluck supper

7:30 pm – Readers' Theatre rehearsal

#### **Wednesday, Oct 3**

10:00 am – Intercessory Prayer Circle

7:00 pm – Choir Rehearsal

#### **Thursday, Oct 4**

10:00 am – Adult Ed: Thomas Merton

7:30 pm – Adult Ed: Thomas Merton

#### **Saturday, Oct 6**

12:00 pm- People's Kitchen at Prado Day Center

#### **Sunday, Oct 7** – ST. FRANCIS DAY

NO 8 am Service

9:20 am – Bible Study

10:30 am – Holy Eucharist, followed by **Potluck Lunch**

{ **A-G** Main dish; **H-R** Dessert; **S-Z** Salad or Bread }

2:30 pm – Blessing of Animals, South Bay Comm Ctr

3:00 pm – Blessing of Animals, Los Osos Middle Sch



**Peoples' Kitchen** - Look for sign up sheets today to volunteer to provide food and/or to serve it at noon next Saturday, October 6th, at Prado Day Center.



**SLO Deanery Meeting** will be held today at 2 pm at St. James', Paso Robles. The proposed diocesan budget for next year will be presented, and there will be a discussion of proposed resolutions to come before convention. In addition, there will be a short presentation by our diocesan liaison to Episcopal Relief and Development.

**Diocesan Convention** will be Oct 26 and 27 in Salinas. Our delegates are John Cribb, Ann Lucas and Lisa Gonzalez. John Cribb will be providing some of the music.



**Hunger Walk** Oct 20 9am in Baywood Park. Join our friends from Trinity United Methodist Church and other local organizations, in a sponsored 1 mile walk to raise money for food programs in Los Osos and Morro Bay. If you can't walk, please sponsor our team. Jim Arnold is our team captain. See him for details.



**Blessing of the Animals** - In honor of St. Francis, we will offer two blessing opportunities next Sunday, October 7th – 2:30pm at the South Bay Community Center lawn, and 3pm at the Los Osos Middle School field. Bring your pets and invite your neighbors and their pets. Everyone is welcome, but we ask that dogs be leashed and other pets be suitably restrained. If your pet is not the sociable type, bring its photo for a blessing.

*People of Faith for Justice Presents...*

#### **Opening Doors of Interfaith Understanding**

7:30 pm October 8 at Mosque of Nasreen  
1136 Walnut St., SLO

Discussion: "Sacred Ground" by Eboo Patell, led by Dr. Hisham Assal and "The Origins of Halloween & Day of the Dead" led by Fr. Kelly Vandehey



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; Eucharistic Minister: Alan Kiste; Chalice Bearer: Esta Kandarian;  
Lector: Tom Pickering; Ushers: Brian Spolarich & Rachel Espinosa; Greeter: Joan Hayes;

Flowers: Brian Spolarich; Altar Guild: Lorie Schwenk; Coffee Hour Hosts: Maureen Titus & Barbara Schippers;  
Tellers: Diana Hammerlund & Judy Schloss; Music: Ann Lucas **Thank you for your service!**



**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

**COMMUNITY DINNER** – Providing and serving food at Trinity UMC, on 1<sup>st</sup> Monday of odd-numbered months in conjunction with Los Osos Cares.

**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** – Varying programs of stimulating discussion and thoughtful exploration for everyone. See website.

**INTERCESSORY PRAYER CIRCLE** Prayers for the community and the world. 1st & 3rd Wednesdays, 10am.

**LAUNDRY LOVE** - 5-9pm on 4<sup>th</sup> Wednesdays at Osos Clean Laundry, helping low-income families with funds, soap, and friendly assistance.

**MEN'S BREAKFAST** – morning social gathering, 2nd Saturdays 9am at Sea Pines Grill.

**MESSY CHURCH** - Sunday morning worship geared towards young children and busy families. 2<sup>nd</sup> & 4<sup>th</sup> Sundays in the Great Room

**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 2nd Saturdays at 5:30pm, followed by potluck supper.

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

**VESTRY / PARISH COUNCIL**  
3rd Sundays at 12:30pm  
The Rev. Dr. Caroline Hall, *Rector*  
Pamela Bleisch Strawn, *Sr. Warden*,  
Michael Lucas, Jr. *Warden*,  
Lisa Gonzalez, *Treasurer*,  
Diana Hammerlund, Alan Kiste,  
Esta Kandarian, Barbara Schippers,  
Lorienne Schwenk, Lynn Wise

## Hollister Institute: “A Good Life”

Please join us for our new Hollister Institute Book Study: A Good Life - Benedict's Guide to Everyday Joy, by Robert Benson. This discussion group meets from 3:45-5:30 pm on Tuesdays through October 30. The group facilitators are Caro+ and Roz Malone. Benson offers a warm-hearted, humorous guide to enriching our lives with the wisdom from The Rule of St. Benedict. Participants are encouraged to read Benson's book, which is available from Amazon both new and used. The topic for this week is *Prayer*.

### Prayer

- We believe that the divine presence is everywhere and that in every place the eyes of the Lord are watching the good and the wicked. But beyond the least doubt we should believe this to be especially true when we pray.
- Let us consider, then, how we ought to behave in the presence of God, and let us offer our prayer in such a way that our minds are in harmony with our voices.
- We must know that God regards our purity of heart and tears of compunction, not our many words. Prayer should therefore be short and pure, unless perhaps it is prolonged under the inspiration of divine grace. In community, however, prayer should always be brief.
- On hearing the signal for an hour of prayer, we immediately set aside what we have in hand and go with utmost speed, yet with gravity and without giving occasion for frivolity. Indeed, nothing is to be preferred to the Work of God.
- Those who work so far away that they cannot return to the oratory at the proper time are to perform the Work of God where they are. So too, those who must travel are not to omit the prescribed hours but to observe them as best they can, not neglecting their measure of service.
- After the Work of God, all should leave in complete silence and with reverence for God, so that a brother who may wish to pray alone will not be disturbed by the insensitivity of another. Moreover, if at other times, someone wishes to pray privately, he may simply go in and pray, not in a loud voice, but with tears and heartfelt devotion.
- Whenever we want to ask a favor of some powerful man, we do it humbly, and respectfully, for fear of presumption. How much more important, then, to lay our petitions before the Lord God of all things with the utmost humility and sincere devotion.

– From the Rule of St Benedict

### OCTOBER 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**  
**Tuesdays: Hollister Inst: A Good Life 345p**  
**Wednesdays: Choir Rehearsal 7p**

- 3 – Intercessory Prayer Circle, 10a
- 6 – People's Kitchen, 12p at Prado Day Ctr
- 7 – Potluck Lunch, 12p
- 7 – Blessing of Animals, 230p at SBCC and 3p at LOMS
- 8 – Active Hope book group, 630p
- 10 – EarthCare Meeting, 230p
- 12 – St Benedict's Gratitude Dinner, 6p
- 13 – Men's Breakfast at Sea Pines Grill, 9a
- 13 – Saturday Evening Eucharist, 530p
- 14 – St. Benedict's Day Observed
- 14 – Messy Church family worship, 930a
- 17 – Intercessory Prayer Circle, 10a
- 20 – Hunger Walk, 9a
- 21 – Parish Council Mtg, 1215p
- 21 – "Gaudy Night" Readers' Theatre 3p
- 22 – Active Hope book group, 630p
- 26+27 Diocesan Convention, Salinas
- 28 – Messy Church family worship, 930a
- 30 – Healing Ministry Meeting, 3p
- 31 – Laundry Love at Osos Clean Laundry, 5p



Keeping in Touch during the Week. Contact any of the clergy for counsel & spiritual care:

The Rev. Dr. Caroline Hall (805)704-5826; The Rev. Barry Turner (805)784-0670; The Rev. Faye Hogan (805)541-4595

Call Celeste Pennington with pastoral care & prayer chain requests: (805)771-8974

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Church Office Hours Tues through Thurs 9:30am to 12:30pm ~ Parish Administrator Danna Dykstra-Coy:

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