

# Benediction Weekly

## April 28, 2019

*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 Lunch next Sunday, following 10:30 service

Please bring a dish to share: **A-G** Salad & bread; **H-R** Main dish; **S-Z** Dessert

Also on the first Sunday of every month we ask for donations of non-perishable food, toiletries, and other items for the Prado Day Center. Breakfast items are particularly needed, such as individual hot or cold cereal packets, granola bars, and shelf-stable milk or juice. Please make a point of remembering.

*Thank you!*

### This Week at St. Benedict's

(at the church unless otherwise specified)

#### TODAY

- 8:00 am – Contemplative Communion Service
- 9:20 am – Bible Study
- 9:30 am – Messy Church family worship
- 10:30 am – Holy Eucharist with music

#### Monday, April 29

- 6:30 pm – Active Hope book study

#### Tuesday, April 30

- 3:00 pm – Healing Ministry Meeting
- 5:30 pm – Vespers, followed by potluck

#### Wednesday, May 1

- 10:00 am – Intercessory Prayer Circle
- 4:15 pm – Education for Ministry
- 7:00 pm – Choir Rehearsal

#### Saturday, May 4

- 9:30 am – Exploring the Gospel through Drama

#### Sunday, May 5

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

### HOLLISTER INSTITUTE PRESENTS:

#### A First Saturday Series: *Exploring the Gospel through Drama* with Roz Malone



Saturday, May 4<sup>th</sup> 9:30am – 12:30pm

Using drama enables us to experience the Biblical narrative in a deeper way and to discover new perspectives and insights. Join us for a morning of co-creative exploration. Group members will be invited to take roles in a spontaneous enactment of a story from the Gospel. The focus is not on performance but on exploration of the characters and message of the story recreated in the here and now. After the enactment group members will have an opportunity to share their reflections on the roles they played and how this experience connects to their lives.

Roz Malone is a graduate of Mercy Center Burlingame Spiritual Direction Internship and Group Spiritual Direction Training. Roz has led retreats using dramatic enactment. She studied Psychodrama and Action Methods of Communication developed by Jacob Moreno and was part of a training team teaching Moreno's methods to psychotherapists, educators and trial lawyers.

**The Rector is on vacation through May 3** - In her absence, please contact wardens Pamela Bleisch & Michael Lucas for church business, any of the clergy for spiritual counsel, or Celeste Pennington for pastoral care needs.

**The Hollister Institute** invites you to participate in a meeting on Wednesday, May 8 from 2:30-4:00pm to review the original purpose and history of The Hollister Institute. We also want to consider ways to continue forward in a sustainable manner. Share with us what you have valued about the Hollister Institute! Everyone is invited to attend. If you are unable to make the meeting and have ideas and considerations to share, please email [office@stbenslososos.org](mailto:office@stbenslososos.org) or contact Caro+ prior to May 8. *Thank you!*

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

Celebrant: The Rev. Barry Turner; Deacon: The Rev. Sharon Dalrymple; Eucharistic Minister: Jim Arnold  
Chalice Bearer: John Horsley; Lectors: Sarah Chesebro & Jerry Walton;  
Ushers: Esta Kandarian & Lisa Gonzalez; Greeters: Carol Brubaker Walton, *pre*, & Steve Hirahara, *post*;  
Altar Guild: Judy Schloss; Coffee Hour Hosts: Ann Lucas, Suzan Vaughn & Pat Henry,  
Tellers: Bryson McKelvey & Steve Cake; Intercessor: Louisa Beeler; Music Director: John Cribb

***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

**CHILDREN'S CHAPEL** – Sundays during the 10:30 service.

**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** – 2<sup>nd</sup> Weds 2:30 pm. Discussion/action group seeking local solutions to environmental concerns.

**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** - Helping low-income families with funds, soap, and friendly assistance at Osos Clean Laundry. 5-9pm on 4th Wednesdays.

**MEN'S BREAKFAST** – Morning social gathering, 2nd Saturdays 9am at Budget Café, 3121 S. Higuera SLO

**MESSY CHURCH** - Sunday morning family worship geared towards young children and busy families. 2<sup>nd</sup> & 4<sup>th</sup> Sundays in the Great Room at 9:30.

**PEOPLE'S KITCHEN** – Providing and serving lunch at Prado Day Center, 1<sup>st</sup> Saturday of even-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.

**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,  
Lorienne Schwenk, Deb Garza,  
Lynn Wise, Steve Hirahara, Jane Wu.

## “Walkabout”

**Q & A session with the nominees for the Fourth Bishop of El Camino Real**  
Monday, May 6 St. Barnabas' Episcopal Church 301 Trinity Ave., Arroyo Grande  
*Arrival 5:45 pm; Start 6:15 pm; Reception 9:30 pm*

The walkabout will begin promptly at the start times indicated above with the expectation that you will be settled and ready to begin. Here is what to expect:

- You will be greeted and given a color which will indicate the room you will move to after the opening plenary session. Greeters will direct you to either the church or multi-purpose room where we will initially assemble.
- The opening plenary session will explain the evening and candidates will make their introductory remarks.
- After opening statements have been completed, all attendees will move to your small group room for the question and answer session. Please look for the balloons which match the color you were given by our greeters.
- Each of the five candidates will visit your room, one at a time, for 25 minutes.
- A moderator and timekeeper will be assigned to each room.

Please register at <https://www.realepiscopal.org/bishops-search/>

The Walkabouts will also be filmed and videos posted online.



### MAY 2019 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:

**Mondays:** Rector's Sabbath  
**Tuesdays:** Vespers 530p + Potluck 615p  
**Wednesdays:** EFM 415p + Choir Rehearsal 7p

- 1 - Intercessory Prayer Circle, 10a
- 4 - 1<sup>st</sup> Saturday Series: Exploring Gospel thru Drama, 930a
- 5 - Children's Chapel, 1030a
- 5 - Potluck Lunch, 12p
- 6 - Community Dinner at TUMC, 5p
- 6 - Bishop Candidates' "Walkabout", 615p at St Barnabas
- 8 - Hollister Institute Meeting, 230p
- 11 - Men's Breakfast at Budget Café, SLO, 9a
- 11 - Saturday Evening Eucharist, 530p
- 12 - Messy Church family worship, 930a
- 13 - Active Hope book study group, 630p
- 15 - Intercessory Prayer Circle, 10a
- 15 - EarthCare Meeting, 230p
- 19 - Children's Chapel, 1030a
- 19 - Parish Council Mtg, 1230p
- 22 - Laundry Love at Osos Clean Laundry, 5p
- 26 - Messy Church family worship, 930a
- 27 - Active Hope book study group, 630p
- 28 - Healing Ministry Meeting, 3p
- 29 - SLO Deanery Ascension Evensong, 630p @ St Barnabas

### MAY Birthdays 🎂 and Anniversaries 🎊

4 May - Alice Welchert 🎂

4 May - Reva Strawn 🎂

6 May - AK Strawn 🎂

10 May - Sharon Dalrymple 🎂

17 May - Tim Strawn 🎂

20 May - Breanna Hammerlund 🎂

29 May - Mary Ellen Rico 🎂

**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;**  
**or The Rev. Susan Plucker (530)263-8540.** Call Celeste Pennington with pastoral care & prayer requests: (805)771-8974

**St. Benedict's Episcopal Church - 2220 Snowy Egret Lane – PO Box 6877, Los Osos, CA 93412**

**Church Office Hours Tues through Thurs 9:30am to 12:30pm ~ Parish Administrator Laura DeLoye:**

**[office@stbenslososos.org](mailto:office@stbenslososos.org) Telephone: (805)528-0654 [www.stbenslososos.org](http://www.stbenslososos.org)**