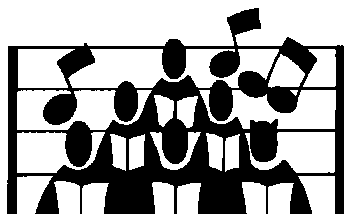


Benediction Weekly

May 12, 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.



Voices Ascending!

Choirs from four SLO deanery churches (St. Stephen's, St. Benedict's, St. Barnabas, and St. Peter's-by-the-Sea) will unite in a special service of Evensong on Ascension Eve. Everyone is invited to come to this inaugural collaboration and worship together in the beautiful sanctuary of St. Barnabas in Arroyo Grande on **Wednesday, May 29 at 7pm.**

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY

8:00 am – Contemplative Communion Service

9:30 am – Messy Church family worship

10:30 am – Holy Eucharist with music

Monday, May 13 RECTOR'S SABBATH

6:30 pm – Active Hope study group

Tuesday, May 14

5:30 pm – Vespers, followed by potluck

Wednesday, May 15

10:00 am – Intercessory Prayer Circle

2:30 pm – EarthCare meeting

4:15 pm – Education for Ministry

7:00 pm – Choir Rehearsal

Sunday, May 19

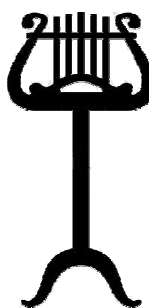
8:00 am – Contemplative Communion Service

10:30 am – Children's Chapel

10:30 am – Holy Eucharist with music

12:30 pm – Parish Council meeting

Guest Artist



We are pleased to welcome **Isabella Wong** as our guest flutist this morning. Isabella is currently a junior in San Luis Obispo. She is involved in her high school band, Cuesta Winds, SLO Youth Symphony and FFA. In the summer, she will be attending the Sequoia Chamber Music camp. We appreciate her sharing her talents with us and wish her success in her musical endeavors.

Thank you for being with us today!

A First Saturday Workshop coming June 1st:

The Wisdom of Your Other Hand – Contemplative Journaling as Spiritual Practice

In this experiential workshop, Dr. Lucia Capacchione shares proven techniques for accessing inner wisdom through the right brain. Journaling using both dominant and non-dominant handwriting has been shown to open intuition, healing, and creativity. Join us for a journey inward to your True Self. No special talents required, just an open mind and heart. Further details are available on our website.



The workshop is June 1, 10 am - 12:30 pm. **Pre-registration is required** no later than May 28.

To register please contact Laura DeLoye at St Benedict's – office@stbenslososos.org or call 805-528-0654. Art and writing materials will be supplied. Suggested donation \$35.

We are sad to report the passing this last week of the Rev. George Mackey, former Rector of St. Peter's, Santa Maria. He often led services for us here before Mary Elizabeth came. Many of us also remember his wife, Deacon Judy Mackey. Please keep her in your prayers.

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

Celebrant: The Rev. Dr. Caroline Hall; Deacon: The Rev. Sharon Dalrymple;

Eucharistic Ministers: Stef Shuman & Sarah Chesebro; Lectors: Bob Pelfrey & Bryson McKelvey;

Ushers: Michael Lucas & Steve Hirahara; Greeters: Judy Schloss, *pre*, & Pamela Bleisch, *post*; Flowers: Lynn Wise;

Altar Guild: Judy Schloss; Coffee Hour Hosts: Barbara Schippers & Diana Hammerlund;

Tellers: Lorient Schwenk & Mary Ellen Rico; Intercessor: Judy Schloss; 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 1st Monday of odd-numbered months, in conjunction with Los Osos Cares.

EARTHCARE – 2nd 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. 2nd & 4th Sundays in the Great Room at 9:30.

PEOPLE'S KITCHEN – Providing and serving lunch 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.

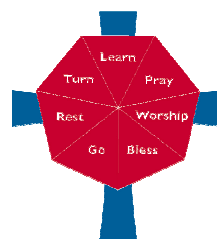
VESTRY / PARISH COUNCIL
3rd Sundays at 12:30pm
The Rev. Dr. Caroline Hall, *Rector*
Pamela Bleisch Strawn, *Sr. Warden*,
Michael Lucas, *Jr. Warden*,
Lisa Gonzalez, *Treasurer*,
Diana Hammerlund, Alan Kiste,
Lorienne Schwenk, Deb Garza,
Lynn Wise, Steve Hirahara, Jane Wu.

Practicing the Way of Love – a 6 week small group

The Way of Love is a way of life. More than a program or curriculum, it is a return to the ancient pathways and Rules of Life that followers of Jesus have observed for centuries. They knew the power of commitment to a core set of practices – Turn, Learn, Pray, Worship, Bless, Go, Rest – and the power of gathering in a small group where you find love and support for living into these commitments. If we hope to not only worship Jesus but to grow more like him and bear his redeeming love in the world, we can adopt a rule of life like the Way of Love and practice it in community.

During May and June there will be an opportunity to come together to explore these practices within the safety of a small group. This will be an on-going group for six weeks meeting at **11am on Wednesday mornings**.

- May 22 Turn
- May 29 Learn
- June 5 Pray
- June 12 Worship
- June 19 Bless
- June 26 Go (and Rest)



THE WAY OF LOVE
Practices for Jesus-Centered Life

The group will be led by Caro+. If you cannot participate in the morning but would like a different time please let her know. Six people is the minimum group size.

More information about the Way of Love is available here:
<https://www.episcopalchurch.org/getting-started-way-love>

The Electing Convention for the 4th Bishop of El Camino Real will be held June 1st at St Andrews, Saratoga. All Canonically Resident Clergy, Delegates to Convention, members of the Board of Trustees and of the Standing Committee are eligible to vote. Our lay delegates are Lisa Gonzalez, John Cribb and Lorienne Schwenk, with Ann Lucas as alternate. Please give them your input. Please hold this whole process, the Transition Committee, the candidates and their families, Bishop Mary and the 4th bishop of El Camino Real in your prayers.



Senior Information Fair - May 14th

In celebration of Older Americans Month, Sierra Vista Hospital and the Area Agency on Aging are co-sponsoring a free Senior Information Fair on Tuesday, May 14th from 9:30am to noon at the Sierra Vista Hospital Auditorium, 1010 Murray Ave., SLO.

There will be over 20 non-profit organizations or government agencies that will be giving out free information helpful to seniors, such as:

- | | |
|---------------------------|--------------------------------|
| Community resources | Alzheimer's Disease support |
| Medicare information | Advance Health Care Directives |
| Fraud and Scam Prevention | Family Caregiver Information |

There will NOT be any selling or commercial entities exhibiting at this event. The fair will take place in the Auditorium of Sierra Vista Hospital. There is free parking in their parking structure, free raffle prizes, and free light refreshments.

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