

# Benediction Weekly

## May 19, 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.*



**Parish Council Meeting Today**, following coffee hour.  
As always, you are welcome to attend, as meetings are open to all.

### This Week 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 – Children's Chapel
- 10:30 am – Holy Eucharist with music
- 12:30 pm – Parish Council meeting

**Monday, May 20** RECTOR'S SABBATH

**Tuesday, May 21**

- 5:30 pm – Vespers, followed by potluck

**Wednesday, May 22**

- 11:00 am – The Way of Love – “Turn”
- 4:15 pm – Education for Ministry
- 5:00 pm – Laundry Love
- 7:00 pm – Choir Rehearsal

**Sunday, May 26**

- 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

### ***Beginning this week...***

#### **Practicing the Way of Love**

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.



### **Videos from Bishop Walkabouts**

More than 400 people attended the four Bishop Candidates' “Walkabout” Q&A sessions across the diocese last week. Videos filmed in one of the rooms at each location are now being posted on the bishop's search website: <https://www.realepiscopal.org/bishops-search/> There you may also view their complete profiles and hear their individual video statements. Share your comments and concerns with our clergy and our lay delegates Lisa Gonzalez, John Cribb and Lorienne Schwenk, and alternate Ann Lucas. On Saturday, June 1<sup>st</sup>, the Electing Convention will be held at St. Andrew's in Saratoga. The new bishop will be installed on January 11<sup>th</sup>.

### **Breaking News!**

Earthcare will show the National Geographic movie “**From Paris to Pittsburgh**” on Friday, June 7 at 7pm. It celebrates how Americans are demanding and developing real solutions in the face of climate change. Please plan to join us.

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Lorienne Schwenk; Chalice Bearer: Diana Hammerlund; Lector: Jerry Walton; Ushers: Esta Kandarian & Michael Lucas; Greeters: Carol Walton, *pre*, & Steve Hirahara, *post*; Flowers: Pamela Bleisch; Altar Guild: Pat Stoneman; Coffee Hour Hosts: Karin Cake & Maureen Titus; Tellers: Stef Shuman & Diana Hammerlund; Intercessor: Helen Schnieders; 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. 1<sup>st</sup> & 3<sup>rd</sup> 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.

*A training opportunity for working with the homeless and other people living on the edge...*

## Using a Trauma Informed Lens Personally, Professionally & Purposefully

Friday, July 26<sup>th</sup> at French Hospital Copeland Health Education Pavilion  
Check-In and Doors Open at 8am. Training from 8:30 am-4:30pm.

Trauma Informed Care (TIC) integrates core principals of neurodevelopment, trauma and attachment with mindful healing to support a comprehensive approach that can be used by clients, providers, and community members.

This training is designed to support a shift in thinking, perception, and behavior. Looking through a Trauma Informed lens means being sensitive to the impact of trauma on others and yourself; understanding and utilizing tools to support self and others in regulating during times of stress; as well as identifying and supporting the system change needed to reduce re-traumatization. Continuing our efforts toward a Trauma Informed SLO County will enhance resilience, increase connection and support stability within our community.

Presented by SLO Trauma Informed Champions of Change. A collaboration of the County of San Luis Obispo Health Agency, Transitions Mental Health Association and Family Care Network, Inc. The County of San Luis Obispo is offering Continuing Education units a maximum of 6.5 CEU's for completing the training

The workshop is free. More information and registration available at <https://sloco.wufoo.com/forms/zzdvhc00e4fuj/>

**Laundry Love**

this Wednesday 5pm-9pm at  
Osos Clean Laundry



**People's Kitchen June 1<sup>st</sup>**

Watch for sign-up sheets  
for food and servers.



## Voices Ascending!

**Ascension Day Evensong** - The combined Episcopal choirs of the deanery will present a musical version of Evening Prayer on **Wednesday, May 29th at 7 pm** as we celebrate the ascension of Jesus into heaven. Often done in cathedrals, almost all components of this worship service will be sung by the choirs from St. Barnabas' (Arroyo Grande), St. Benedict's (Los Osos), St. Peter's (Morro Bay), and St. Stephen's (SLO). Come enjoy the music. Childcare provided.

*Choral Evensong is a service of sung evening prayer. As day settles into night, the music of the choir settles worshippers into a peaceful place of rest and contemplation. The text of the service is drawn almost entirely from the Bible. Its main purpose is to proclaim the wonderful works of God in human history, and in the life, death, and resurrection of Jesus Christ. Sung psalms, canticles, and hymns are interwoven with readings from the Old and New Testaments and the recitation of the Apostles' Creed and Lord's Prayer. Evensong remains a sacred tradition practiced in cathedrals, churches, and religious communities around the world.*

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)