

# Benediction Weekly

## May 26, 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.*



### 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

#### Tuesday, May 28

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

#### Wednesday, May 29

11:00 am – The Way of Love  
 4:15 pm – Education for Ministry  
 5:00 pm – Laundry Love at Osos Clean Laundry  
 5:30 pm – Choir Rehearsal at St Barnabas'  
 7:00 pm – SLO Deanery Evensong at St Barnabas'

**Thursday, May 30** OFFICE CLOSED

#### Saturday, June 1

8:30 am – Bishop Electing Convention, Saratoga  
 9:30 am – Contemplative Journaling workshop  
 12:00 pm – People's Kitchen at Prado Day Ctr

#### Sunday, June 2

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



Rev. Caro+ is in England with family this week. She will return on June 2<sup>nd</sup>

### JUNE 2019

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30						

#### 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:** Way of Love 11a + EFM 415p  
 + Choir Rehearsal 7p

### HIGHLIGHTS

1 – Bishop Electing Convention, Saratoga  
 1 – 1<sup>st</sup> Saturday Series: Contemplative Journaling, 930a  
 1 – People's Kitchen, 12p Prado Day Center SLO  
 2 – Potluck Lunch, 12p  
 5 – Intercessory Prayer Circle, 10a  
 5 – Los Osos Cares Resource Ctr Open House, 530p  
 7 – Earthcare screening of "From Paris to Pittsburgh" 7p  
 8 – Men's Breakfast at Budget Café, SLO, 9a  
 8 – Saturday Evening Eucharist, 530p  
 9 – DAY OF PENTECOST  
 9 – Ushers' Meeting, 1215p  
 10 – Active Hope book study group, 630p  
 14 – Vacation Bible Camp planning mtg, 3p  
 16 – Parish Council Mtg, 1230p  
 18 – Hollister Institute planning mtg, 215p  
 19 – Intercessory Prayer Circle, 10a  
 19 – EarthCare Meeting, 230p  
 22 – Jim Arnold's Ordination, Trinity Cathedral, San Jose, 2p  
 23 – Deanery Meeting, St Ben's, 2p  
 24 – Active Hope book study group, 630p  
 25 – Healing Ministry Meeting, 3p  
 26 – Laundry Love at Osos Clean Laundry, 5p

### CELEBRATIONS

Birthdays  
 Wedding Anniversaries  
 Ordination Anniversaries

2 Jun – Berkeley Johnson   
 8 Jun – Mary + Brian Stein-Webber   
 9 Jun – Molly Himmelblau   
 9 Jun – Rob + Donna Ross   
 15 Jun – Brian Spolarich   
 15 Jun – Patricia Henry   
 16 Jun – Michael Lucas   
 22 Jun – Sharon Dalrymple   
 22 Jun – Dennis Much   
 23 Jun – Karin Cake   
 25 Jun – Bobbie Shields

### CHILDREN'S SUNDAY SERVICES

Messy Church Family Worship  
 (930am on 2<sup>nd</sup> and 4<sup>th</sup> Sundays)  
 alternates with Children's Chapel  
 (during 1030am service)



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

Celebrant: The Rev. Susan Plucker; Preacher: Jim Arnold; Eucharistic Minister: Brian Spolarich;  
 Chalice Bearer: John Horsley; Lectors: Jim & Roz Malone; Ushers: Maureen Titus & Esta Kandarian;  
 Greeters: Connie Weldon, *pre*, & Jane Wu, *post*; Flowers: Lynn Wise; Altar Guild: Sarah Chesebro;  
 Coffee Hour Hosts: Anne Kanter & Judy Schloss; Tellers: Alice Welchert & Bryson McKelvey;  
 Intercessor: Louise 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. 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 last Wednesdays.

**MEN'S BREAKFAST** – Morning social gathering, 2<sup>nd</sup> 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 2<sup>nd</sup> 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**  
3<sup>rd</sup> 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.

## Discovery Day

St. Paul's Episcopal Church, 1071 Pajaro St., Salinas

Saturday, June 15, 10 a.m. to 3 p.m.

The Diocese of El Camino Real's Commission on Ministry (COM) invites you to **Discovery Day**, our annual one-day workshop to help individuals explore and respond to their particular calls to ministry.

**Discovery Day** offers the opportunity for those already engaged in active ministry to renew their call to a particular ministry, or to explore new ways to respond to God's call. Although **Discovery Day** is a required first step to anyone discerning a call to ordained ministry, it is in no way limited to such individuals. We explore and celebrate the ministry of all the baptized. We will include information about the opportunity for licensed lay ministries, a way to help people focus on and train for a particular area of ministry in the parish. Anyone discerning ministry, lay or ordained, would benefit from engaging in this workshop. Previous participants in **Discovery Day** have described a process of discernment that has been *rejuvenating, validating, and transformative*.

Following **Discovery Day**, the participants may take on a self-guided twelve-week exploration to enhance their appreciation of how the four orders of ministry complement each other in fulfilling the mission of the Church, and discern where they fit into that mission. Members of COM provide support as people work their way through this group program. The group meets three times over the twelve week period after **Discovery Day**. These meetings are required of anyone seeking ordination to the diaconate or priesthood.

For more information contact Joanna Shreve at [jrshreve@aol.com](mailto:jrshreve@aol.com).

Registration by June 12 will enable us to prepare enough materials and to order enough lunches.

Participants should register by sending an email to COM member Mary Ann Gee at

[maryann.gee@gmail.com](mailto:maryann.gee@gmail.com) (please put Discovery Day in the subject line).

## Grief Support Group with Berkeley Johnson

I am invite you to consider participating in a new grief-support group I hope to facilitate here in the SLO Deanery, centered on non-death loss. Over the past two years, I have been receiving training in grief counseling through Dr. Alan Wolfelt's Center for Loss in Ft. Collins, CO. Last summer, as part of my ministry project in connection with my diocesan discernment process, I facilitated a grief group for non-death loss at St. Benedict's in Los Osos. I would now like to expand this opportunity to the SLO Deanery.

The idea for this group arose when some folks approached me about starting a group to address difficulties they were experiencing related to life events such as divorce or a relationship ending, loss of job/vocation, home/residence, disability, empty nest, and so forth. We don't naturally think of these life events and transitions from the perspective of "grief," but through the training with Dr. Wolfelt, I have begun to recognize that we experience grief not only when someone dies, but also when facing these types of issues and challenges in our lives.

Dr. Wolfelt's "companionship" model of coming alongside the mourner works well in addressing grief due to non-death loss. We are envisioning a group of about 6-8 participants who would commit to a set of 12 weekly meetings over a three-month period, in order to have continuity, build trust, and maintain healthy sense of community. Please take some time to contemplate whether you might be experiencing some form of grief due to circumstances you are facing, and whether you might be open to exploring that more deeply in a group setting along the lines of what I am describing.

There are already within our communities a number of agencies and practitioners who offer grief support if you are grieving the death of a loved one. If anyone needs information about where and how to obtain grief counseling due to the recent death of a loved one, please feel free to contact me. Conversely, I am not aware of the existence of any groups to help us process non-death loss, and so that is why I feel this group could be a blessing to us.

Please feel free to contact me if you are interested in discussing this further and of course with any questions. My cell number (call/text) is below. Please be mindful that if you call and I don't recognize your number, you may need to leave a message and I will get back to you.

Peace, Berkeley

[berkeley.johnson@gmail.com](mailto:berkeley.johnson@gmail.com) (805) 550-5133

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

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. Susan Plucker (530)263-8540

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

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

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