

# The Benediction

St. Benedict's Episcopal Church, Los Osos, California

**The Rev. Dr. Caroline Hall**

Rector

**The Rev. Barry Turner**

Associate Priest

**The Rev. Faye Hogan**

Associate Priest

**The Rev. Susan Plucker**

Associate Priest

**The Rev. Sharon G. Dalrymple**

Deacon

**The Parish Council**

Pamela Bleisch Strawn, *Sr. Warden*

Michael Lucas, *Jr. Warden*

Lisa Gonzalez, *Treasurer*

Deb Garza

Diana Hammerlund

Steve Hirahara

Alan Kiste

Lorienne Schwenk

Lynn Wise

Jane Wu

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**Parish Administrator**

Laura DeLoye

Office Tues-Thurs, 9:30-12:30

**Sunday Services**

Refreshments and fellowship follow service.

8:00 am Holy Communion  
with inclusive language

10:30 am Holy Communion  
with music

*First Sunday of each month:*

10:30 am One service of Holy  
Communion with music

*2nd & 4th Sunday of each month:*

9:30 am Family 'Messy Church'

*1st, 3rd, 5th Sunday each month:*

10:30 am Children's Chapel

Church: 2220 Snowy Egret Lane

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**Dear Friends:**

Yesterday I hiked in the southernmost stand of Sitka Spruce, and among the Redwoods. It is amazing how ancient some of these trees are. I was struck by the way that when an ancient tree has been logged – as most have – around its stump other redwoods often grow in a ring forming a family of trees surrounding the original stump.

It reminded me of how Jesus is described as coming from the stump of Jesse's line, meaning that although the house of David (Jesse's son) was decimated like a tree being felled, from the stump the Messiah grew. It also, in this season of Eastertide, made me think about the resurrection. Jesus was killed. But miraculously, from that death came new life. The disciples became like that ring of new trees growing in community around the hole that Jesus' death and ascension left.

The life of the old redwood continues in the new ones. The life of Christ continues in his disciples, then and now. We are growing together from the miracle which is the new life that God brought out of the horror of Jesus' death.

His resurrection life is continued in us as we seek to love and serve Christ in all persons and seek for justice and peace in the world. We are the Body of Christ, the resurrection people. God's love is constantly being expressed in a myriad ways but one very important way is through our ministry. Whether that is at home, at work, in the grocery store, at Laundry Love, or in church our ministry is one way that God's love is expressed to all beings and to the Earth.

I continue to be amazed and grateful for all the ways that the people of St. Benedict's serve God. Our Holy Week and Easter celebrations drew on so many people's gifts... it is a sign of a healthy community when we are able together to create great beauty in worship and gently to cover for one another, laughing when plans go astray and wrong notes are sung. God is glorified in our worship, and God is glorified in our service to the world.



The church is not primarily the building, it is the people of God who live out the two great commandments – to love God with everything we have, and to love our neighbor as ourselves. Two commands which cannot be separated, just as we cannot be separated from the incredible love of God.

As I imagine us as a community of disciples gathered around the Christ like the younger redwoods gather around the stump, I see that our branches go in different directions – some go into the center, maintaining our core function of worship, some are intertwined as we support each other as individuals and the structures which support our common life, and some reach out of the circle, to draw others into the warmth of God's love. Our roots draw deep from the tradition and deep from the wells of living water, while the tips of our top growth open in the moisture of the fog and the warmth of the sun which is the one true God.

Thank you for being part of this expression of Christ's resurrection life.

Caroline J. A. Hall

@StBens\_LosOsos

## Highlights of the Parish Council Retreat and Meeting

- We received bids for repairing and painting the veranda. Michael will review them and make a recommendation
- Earthcare is planning a diocesan wide conference, “An Opportunity for which the Church was Born” in Salinas on Sept 14 and is bringing Margaret Bullitt-Jonas from Massachusetts to speak at that and some other local and diocesan wide events in September. A grant from the Partnership Commission should provide underwriting, but St Ben’s will need to put out some advance funds.
- We agreed not to have a Jazz Concert this year but to begin to work on some other fundraising ideas for next year.
- There will be a meeting in May to discuss the next steps for the Hollister Institute.
- The Abundance Shop is continuing to do well

## Finances

We are keeping abreast of our budget so far this year. But our budget represents what we think is possible and unrealistic. It does not meet our real needs. Here are some quick “by the numbers” facts:

- On our current budget it costs \$32 per adult member per week to keep the doors open
- the choir budget is \$400 for the entire year
- the current choir cost is about \$400 per month
- donations to the Music Fund provide the difference
- Caro+ is paid for 30 hours per week
- During February and March she averaged 44 hours per week
- It would cost an additional \$5 per adult per week to pay Caro+ full-time

We could do a similar analysis about our other staff – John, Laura, Celeste and Larry – all of whom give more time and energy than we are really paying them for.

## Bishop Search

The information about each of the five candidates for the 4<sup>th</sup> Bishop of El Camino Real is available on the diocesan website. (<https://www.realepiscopal.org/bishops-search/>) Each one has prepared a video introducing themselves.

You can meet the candidates on Monday May 6 at St Barnabas, Arroyo Grande starting at 6:15pm. Please let Laura in the office know if you wish to carpool from Los Osos or San Luis Obispo. Please also register in advance at <https://stbarnabasepiscopal.eventbrite.com>.

The Electing Convention will be held on June 1 at St Andrews, Salinas. Our delegates are Lisa Gonzalez, John Cribb and Lorienne Schwenk, with Ann Lucas as alternate. Please give them your input. The convention will take a number of votes until one candidate receives a majority from both the laity and the clergy voting separately. Bishop Mary was elected on the second ballot, but it sometimes takes quite a while as the delegates listen for the prompting of the Holy Spirit.

The bishop-elect will join the diocesan staff in the fall and will be consecrated and become bishop on January 11, when Bishop Mary passes over her crozier – symbol of the office of bishop. Bishop Mary’s last visit to St. Benedict’s will be on Sunday September 29.

Please hold this whole process, the Transition Committee, the candidates and their families, Bishop Mary and the 4<sup>th</sup> bishop of El Camino Real in your prayers.



*Finally, I'd like to thank the Flower Committee for helping the Parish reach our monthly water-saving goal.*

## Deanery: Evensong and Meeting

The Deanery of San Luis Obispo is the Episcopal churches in SLO county plus St. Matthews in San Ardo. There is a meeting every couple of months which is attended by our elected diocesan delegates but which is open to everyone. The June meeting will be on June 23 at St. Benedict's.

In addition, on May 29, the choirs of the deanery churches will come together to sing a special service of Evensong. This will be at St Barnabas in Arroyo Grande at 7pm. Everyone is welcome to come and worship together.



## Deacon Intern: Jim Arnold

We have been privileged to serve as a training congregation for Jim Arnold in his work towards being ordained as a vocational deacon. That moment of ordination is almost with us and we are delighted that, God willing and the creek don't rise, Jim will be ordained to the diaconate on June 22<sup>nd</sup> at Trinity Cathedral in San Jose.

As Jim's two parishes, St. Peter's Morro Bay and St. Benedict's Los Osos are jointly responsible for helping to host Jim's special day. This will include providing lunch for people who need to be there early for the rehearsal, and refreshments for everyone afterward the service. Please consider how you might be able to help and also consider supporting Jim by attending his ordination service.

We are grateful to have been part of Jim's adventure these last two years, watching him grow and relax into his role. As a vocational deacon, Jim will serve the church with one foot in and one foot out – reminding us that we are called to serve Christ in all persons, not just each other. Deacons serve at the pleasure of the Bishop and Jim does not yet know where he will be placed. Until then, please continue to support, pray for, and welcome Jim as a vital part of the Body of Christ at St. Benedict's.

### From Jim Arnold:

Dear St. Benedict's family, As my final year at the School for Deacons draws to a close and my graduation soon follows, May 5 and May 12, respectively, my time of Field Education at St. Benedict's officially comes to an end. Since my permanent placement as an ordained Deacon has yet to be revealed, I plan on serving in a Deacon's role in Sharon's absence while awaiting ordination on June 22.

I would love to be placed here with all of you, who have treated me like a member of this family community since day one. Your compassion and volunteerism are an inspiration to me and would make a Deacon's job easy.

Thank-you all for supporting me and helping me to be formed into a Deacon. I love you all and look forward to the days ahead, serving by your side.

## Welcoming Team

We call them ushers and greeters, but they are the first people most guests meet when they come to St. Ben's, so they (you) are our welcoming team.

Steve Hirahara has agreed to serve as "Head Usher" which means that he is the person you can go to with your ideas and suggestions. He will be providing on the spot training and coaching as it is needed. There will also be a welcoming team meeting on Sunday June 9 (that's Pentecost) after the 10:30 service.

Please think about what we can do better to welcome guests and help newcomers feel at ease and come to that meeting with your ideas.

## Notes from your Junior Warden

Michael Lucas

**This Olde House (of God):** Sixty may be the new forty, but twenty is still twenty for our wonderful wooden St. Ben's. We have had several projects in the works inside and out that you likely will see develop in the next two months: repairs to our veranda, and a window film treatment on the Chapel/Long Room rolling door. We have been in discussion with three Contractors for the veranda replacement of dry rot, cleaning of the remaining walls and structure, and caulking and painting of the doors, wall and frame. We hope to award shortly. Dry rot is a constant problem for wood in places of higher moisture and a number of other circumstances. The Chapel is rather open, so we are reviewing types of film that will allow a sense of decorum and privacy in the Chapel while allowing the light from the west windows to continue to brighten the Long Room.

**Spring Sprinkle(r):** We have had 'numerous' discussions with the electricians of Thoma and PG&E over progress. While there is no definitive schedule, we live in hope.

**Stations Stationed:** For Lent and Easter we had the benefit of the fourteen Stations of the Cross crafted by Chloe White and given as a generous gift by the Hiraharas. But where did they go? In keeping with the tradition of relics in the altar, while we have no relics, we do have the Stations. The retable [our large table behind the altar] has been modified to accept a set of stacking wood shelves, each holding several of the stations neatly bubble wrapped and protected. The final installed station of the Empty Tomb will remain through the visit of the Bishops candidates May 7, then join the others. My thanks to Shelley Wantanabe for being able to get into smaller spaces better than I am able to do!

## Deacon Dispatch

Rev. Sharon G. Dalrymple

I don't know which season I like the best—Christmas or Easter. They are both seasons of new beginnings for me. I get "do overs" for mistakes I have made, and a rededication of myself to becoming a better disciple and apostle of Christ Jesus. To know that Jesus knows I will fail and will still love me anyway, is the biggest blessing in my life!

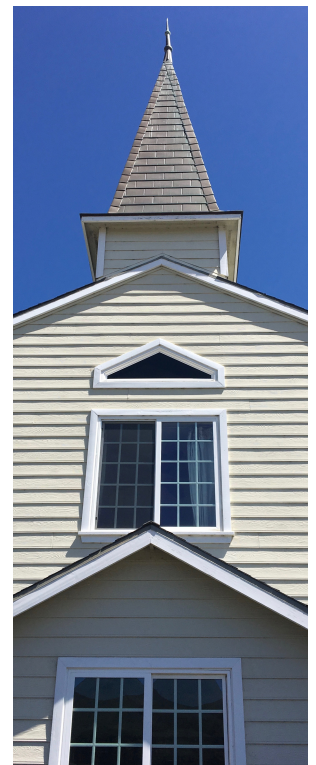
I can keep working on my major faults. There is grace in forgiveness, and practicing forgiveness is one of the major goals I struggle with. Jesus forgives me and hopes that I will get better at trying to do the same with others. I would like to say I am Irish using the old stereotype and so am quick to temper, but unfortunately I don't have that excuse, and besides, the Irish are no more quick-tempered than anyone else. But for whatever reason, I can get "hot" in a hurry.

When I really think hard about all the reasons I get angry and frustrated with others, I have to laugh at myself. Often I even get angry and frustrated with myself. Almost every time there is a silly reason I get angry and frustrated in the first place.

Those feelings are not ones I want to have because they take me away from the joyful place where I started my day. I cannot do my spiritual work if I let myself get out of whack about inconsequential words or acts. Once my focus is back on doing spiritual work with myself or others, I can take a breath and let the anger and frustration go. I actually looked on the internet (the internet knows all, right?) to see what suggestions were offered to help me to let go.

The one I liked best was, if possible, to find a quiet spot to sit and redirect myself by looking up and out at the world and taking some deep breaths and smiling to relax my face. Then I need to take my mind to a soothing space. I actually have an Episcopal rosary that came with some prayers. I really liked this idea because not only does it redirect me—the redirection is back to God in prayer. What a great idea!

So, my brothers and sisters, I am going to give that a try. This plan will lower my blood pressure and improve my mental and spiritual self. I think Jesus will approve.



## Earthcare News

John Horsley

Planning for Earthcare's conference on stewardship of Creation at a time of climate change has advanced rapidly. The conference, "An Opportunity for which the Church Was Born", will take place at St. Paul's, Salinas on Saturday September 14<sup>th</sup>. The speakers are: Rev. Margaret Bullitt-Jonas, Minister for Creation Care for the Diocese of Western Massachusetts; Paul Deis, an educator with Al Gore's Climate Reality Project, who will present the current climate science picture; and Lisa Altieri, CEO of Climate Solutions Net. In partnership with the Diocese of California, Climate Solutions Net has developed an app that enables households and congregations to keep track of their carbon footprint. Earthcare is also sponsoring a clergy retreat led by Rev. Margaret Bullitt-Jonas on September 13<sup>th</sup> at the Church of the Good Shepherd, Salinas.

The app developed by Climate Solutions Net and the Diocese of California is being piloted in five Episcopal dioceses and should soon be launched across the whole Episcopal Church. Information on the app can be found at [www.sustainislandhome.org](http://www.sustainislandhome.org). A committee is being formed to handle the launch of the app in our diocese, and Rev. Barry Turner will be the representative of the SLO deanery on this committee. Episcopalians are also being asked to consider taking the Pledge to Care for Creation, The Pledge involves making specific personal commitments in order to be more loving, liberating and life giving in relation to Creation. Further information on the Pledge can be found at [www.episcopalchurch.org/creation-care/pledge](http://www.episcopalchurch.org/creation-care/pledge).

Earthcare marked Earth Day (April 22) a day early, on Easter Day. After the 10:30 service members of the congregation were invited to write letters to the State Director of the Bureau of Land Management expressing their opposition to oil drilling and pipelines in the Carrizo Plains National Monument. More than two dozen people wrote letters after the service and others expressed their intention to write letters at home, sending a strong message to the Bureau. Members of the congregation also decorated with flowers a cross placed next to the Earthcare table, making it an object of great beauty.

## The Abundance Shop

Deb Garza

The much-needed storage space for the overflow of the generous donations has now been addressed by installing a quality 10 x 12 Tuff Shed. It is all wood and very solid. We have had some issues with one of the older sheds which leaked. The new shed will take the place of the old one and will solve this problem. The shop now has an additional 8ft gate with privacy slats that will allow more control of the flow of donations and security. Safety and security are important and we are constantly finding ways to improve this as we grow and expand with the opportunities and abundance we receive.

We are definitely in need of more volunteers. There are opportunities to volunteer as either a cashier or a sorter, or both. You can also volunteer weekly, monthly or on a drop-in basis. All are welcome and we encourage all to apply. You do not have to be a member of St. Benedicts. Not only do we raise money for St. Benedict's, their outreach programs and various charities, but it is also an outreach in and of itself with the surrounding community. We help those in need and that presents in various ways. We also partner with other local organizations like Prado to get the word out about what we do and how we can help. If you are interested in becoming involved in any way, small or large, please contact me (Deb Garza - general manager at 805-260-0116). We currently have amazing volunteers from St. Ben's and from the community. We just don't have enough of them at the present time. We appreciate all the support we receive from so many.

### Now at the Abundance Shop...



Don't turn up your nose to this unique salt and pepper shaker set. These two handsome ladies could add some class to your dining table (and some seasoning to your dinner.) Available now for only \$3.

## Practicing the Way of Love: A 6-week Small Group Meeting

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

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>

## First Saturday May 4: Exploring the Gospel thru Drama

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. Please RSVP to Laura at 805-528-0654 or office@stbenslososos.org

## First Saturday June 1: The Wisdom of Your Other Hand – Contemplative Journaling as Spiritual Practice

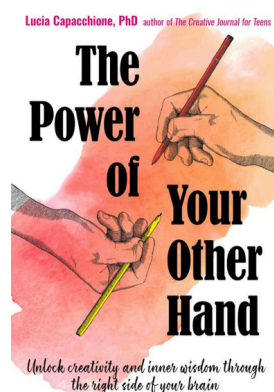
**EVENT!**

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.

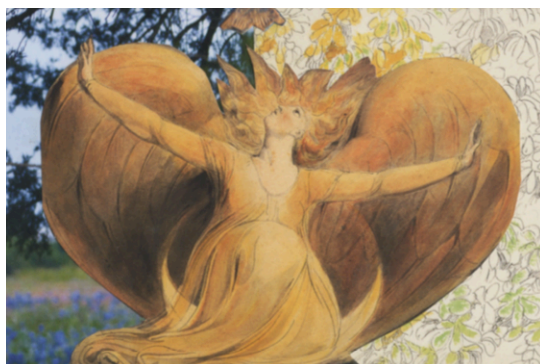
Lucia Capacchione is a registered art therapist, with degrees in art and psychology. A pioneer in journal and expressive art therapies, she discovered the healing power of journaling with her nondominant hand while facing a life-threatening illness. After her full recovery and a career change, she went on to write 22 books on journaling for personal growth, life and career planning. she is the Director of Creative Journal Expressive Arts certification and lives in Cambria.

The workshop is **June 1, 10-12:30**. To register please contact Laura DeLoye at St Benedict's – office@stbenslososos.org or call 805-528-0654. Pre-registration is required no later than May 28. Art and writing materials will be supplied. Suggested donation \$35.



## First Saturday July 6: SoulCollage - Exploring Intuition Through Imagery

SoulCollage is a creative, intuitive practice that uses images (from magazines, catalogues, calendars, etc.), photographs, and personal symbols to create small, powerful collages. Working in silence, collage makers are often surprised by the insights and meanings these cards have for their creators. A selection of magazines and other supplies will be provided at the workshop. We are asking that each person bring three magazines to share with the group. In addition, if you have any photos or images that have been calling to you for reasons you can't explain, please bring them along (either originals you're willing to cut up or color copies).



SoulCollage requires no special experience or artistic ability. All you need is a willingness to be present and open to the power of images.

### EVENT!

Please join us for a SoulCollage workshop at St. Benedict's Church on **Saturday, July 6, 2019 from 9:30 to 12:30**. The workshop will be led by Sharon Carlsen, licensed SoulCollage facilitator, certified life coach, and experienced group leader. You can read more about Sharon at her website, [www.sharoncarlsen.com](http://www.sharoncarlsen.com).

Space is limited so please RSVP to Laura DeLoye at 805-528-0654 or [office@stbenslosos.org](mailto:office@stbenslosos.org). We look forward to seeing you!

## Hollister Meeting

The Hollister Institute was started in 2006 as a way to meet the spiritual needs and interests of people outside St. Ben's as well as those of us already here. The very first class was "Questioning Fundamentalism."

Since then there have been many different classes and workshops, some drawing people mainly from within the congregation and some appealing to a wider audience. It was intended as a crossover between internal "adult education" and Hollister. When she joined the clergy team, Donna Ross+ took the leadership for this ministry, and for many people her Thursday morning classes became "The Hollister Institute" although they were only one part of the overall program.

Adjusting to Donna's departure has been challenging for many of us, and disappointment has been expressed that Hollister classes were not happening at 10am on Thursdays, and also about the content of the classes that have been offered.

In this year's Mutual Ministry Review, many people mentioned Hollister as an important ministry which needed attention. A group appointed by the Parish Council last year to take the program forward found themselves unable to do so. So, at the Bishop's suggestion, we are currently taking a sabbatical from the Hollister Institute, although the First Saturday program fits within the intention of having a series of talks, classes and workshops which reach a wide group of people. The purpose of the sabbatical is to give ourselves time for discernment.

### ACTION!

On Weds May 8 at 2:30, there will be a meeting for anyone and everyone interested to talk about the vision and mission of Hollister and how we can build it as a sustainable program without it depending on one clergyperson. This is not primarily a meeting for good ideas about subjects for classes, but more to reflect together on what we want this program to be going forward and how we might develop a sustainable leadership structure which can listen to the guidance of the Holy Spirit and lead it into its next phase.

Please come if you can, and if you cannot, please pray for leadership to emerge.



May June 2019

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