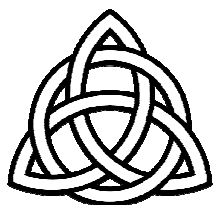


Benediction Weekly

June 16, 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.



Trinity Sunday

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY TRINITY SUNDAY

8:00 am – Contemplative Communion Service

9:20 am – Bible study

10:30 am – Holy Eucharist with music

12:15 pm – Parish Council Meeting

Monday, June 17 RECTOR'S SABBATH

Tuesday, June 18

2:30 pm – Hollister Institute meeting

5:30 pm – Vespers, followed by potluck

Wednesday, June 19

10:00 am – Intercessory Prayer Circle

11:00 am – The Way of Love

2:30 pm – EarthCare meeting

4:15 pm – Education for Ministry

7:00 pm – Choir Rehearsal

Saturday, June 22

2:00 pm – Jim Arnold's Ordination at St Peter's
545 Shasta Ave., Morro Bay

Sunday, June 23

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

2:00 pm – SLO Deanery Mtg, at St Benedict's

Prayer Life in our Parish

Bidding Book

There is a book in the church where you may *write in* the names of those you'd like mentioned in the Prayers of the People during Sunday morning services. The names are then also sent out in the Benediction Weekly email on Monday, so that parishioners may lift them up in their prayers during the week.

Healing Ministers Prayer Team

Prayer Team members are available following the 10:30 service each Sunday to sit quietly with you for private personal prayer. Your concerns are always kept confidential.

Healing Service

In any month with a fifth Sunday St. Benedict's has prayers for healing during the 10:30 service, with the laying-on of hands and anointing with holy oil. Our next Healing Service will be Jun 30.

Prayer Chain

You may request prayers by contacting the Pastoral Care Coordinator, Celeste Pennington, at 805-771-8974, or by emailing prayers@stbenslososos.org and Prayer Chain members will pray individually for your stated need. *(Note that asking to be put on the prayer chain does not add your requests to the list of names mentioned during Sunday services. For that, you have to add them to the Bidding Book.)*

Intercessory Prayer Circle

The Prayer Circle is a group that meets every two weeks to pray together for the requests that have come through the Bidding Book, the Prayer Chain, or other source.

If you'd like more information, or would like to join any of the prayer groups, please contact Celeste Pennington.



By the grace of God and with the consent of the people, the Rt. Rev. Mary Gray-Reeves will ordain James Hupbard Moore Arnold to the Sacred Order of Deacons on Saturday, June 22 at 2 pm at St. Peter's by-the-Sea Episcopal Church 545 Shasta Ave. Morro Bay. Reception to follow.

St. Benedict's will be sharing responsibility for food and beverages for the reception with St. Peter's.

If you can help with savory appetizers or hosting duties, please contact Lorianne Schwenk at 805-200-7908.

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Michael Lucas;

Lector: Tom Pickering; Ushers: Esta Kandarian & Maureen Titus;

Greeter: Connie Weldon (*pre*), Michael Lucas (*post*); Flowers: Lynn Wise; Altar Guild: Pat Stoneman;

Coffee Hour Hosts: Karin Cake & Diana Hammerlund; Tellers: Mary Ellen Rico & Lorianne Schwenk;

Intercessor: Celeste Pennington; 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 Thursday 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 last 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.

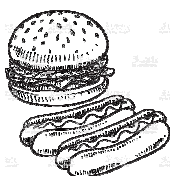
SATURDAY EUCHARIST – Evening Eucharist on 2nd Saturdays at 5:30pm, followed by potluck supper.

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.

Los Osos Community Dinner

5PM Thursday, July 4th at the South Bay Community Center



Los Osos Community Dinner was started by St. Benedict's, our partners in Los Osos Cares, and other churches and groups in order to provide a hot meal for our neighbors in need and also to provide a place for new friendships, relationships and community building to happen. Over the past three years it has grown to once a week and is now on Thursdays at the Community Center with 50-80 people attending.

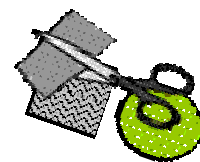
We provide dinner on the first Thursday of the month every two months (it alternates with the Saturday that we provide lunch at 40 Prado.) Dinner is served from 5pm to 6pm, and then we clean up. This month we are serving on July 4th and would love to have a July 4th theme with burgers and hot-dogs. That needs someone who will cook them! Please think about whether you can offer to grill or help serve or bring food, and fill in the sign-up sheet in the Great Room.

This is a wonderful opportunity for us to share God's love with our community.

First Saturday Series at St. Ben's ~

SoulCollage®: Exploring Intuition Through Imagery

Saturday, July 6th 9:30am-12:30pm



SoulCollage is a creative, intuitive practice that uses images (from magazines, catalogs, calendars, etc.), photographs and personal symbols to create small, powerful collages. Working in silence, collage makers are often surprised by the insights and meaning these cards have for their creators. A selection of magazines and other supplies will be provided at the workshop.

This workshop will be led by Sharon Carlsen, licensed SoulCollage facilitator, certified life coach, and experienced group leader. www.sharoncarlsen.com. SoulCollage requires no special experience or artistic ability. All that is needed is a willingness to be present and open to the power of images.

We ask that each person bring 3 magazines to share with the group. In addition, 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).

\$20 Suggested Donation Space is limited! RSVP to Laura DeLoye at St. Ben's: 805-528-0654 or office@stbenslososos.org We look forward to you joining us!



Get on the Gospel Train –

a Vacation Bible Camp for 3 to 11 year olds

We hope to welcome up to 25 youngsters during the week of July 22 to 26 from 9:30am to 12:30pm. Each morning will include stories, songs, crafts, games and healthy snacks. The cost is \$5 per child per day, but scholarships are available and no-one will be turned away because of lack of funds.

Please think about how you would like to be involved. You could help with welcome and registration; you could teach a craft or share an activity; you could bring food and help with snack time. No offer is too small (or too big!) – please contact Dianne Long to tell her how you can help.

One of our challenges is getting the word out, so please think about families you know who have young children and be sure to invite them. Flyers are available now for posting, and there will also be postcards available soon.

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 Tuesday through Thursday 9:30am to 12:30pm ~ Parish Administrator Laura DeLoye:

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