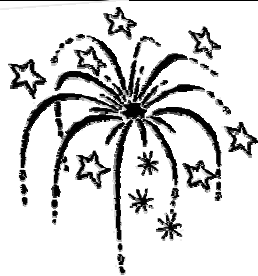


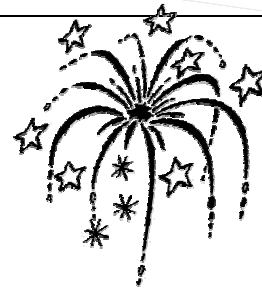
Benediction Weekly

June 30, 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.



Community Dinner 5pm Thursday July 4th
at the South Bay Community Center
Please sign up in the Great Room



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 Healing Service

Monday, July 1 RECTOR'S SABBATH

Tuesday, July 2

- 5:30 pm – Vespers, followed by potluck

Wednesday, July 3

- 10:00 am – Intercessory Prayer Circle
- 4:15 pm – Education for Ministry

Thursday, July 4

- 5:00 pm – Community Dinner at SBCC

Saturday, July 6

- 9:30 am – First Saturday Series workshop –
Soul Collage: Exploring Intuition Through Imagery

Sunday, July 7

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

Summertime Singtime!

Whether or not you are in the choir, you are welcome to join Lorianne Schwenk for some musical fun on Wednesday evenings beginning June 26 until the end of July.

Do you come from another tradition of the church and miss your hymns? Let's sing some of your favorites. Do you want to learn some vocal techniques or music theory? We can do that! Did you ever sing rounds at camp around a fire? (I love the mountains, I love the rolling hills...) Let's sing those songs together.

Do you think you can't sing? Stump this chump! I bet you can. Has your voice changed over time? Age does not mean losing your voice. Do you think you can't sing in tune? This is about singing together, breathing together, laughing together, having fun.

Lorianne studied the Estill Vocal Technique and, while not a certified instructor, she can share some tips and tricks to make singing more fun.

We will meet from 7pm to 8:30 on Wednesdays, June 26, July 10, 17, 24, and 31. (But NOT July 3)

Join us!!



JULY Birthdays 🎂 and Anniversaries 🕊

5 Jul - Drew Vander Weele 🎂
7 Jul - Brian McHugh 🎂
9 Jul - Lorianne Schwenk 🎂
14 Jul - Kevin Cadigan 🎂

16 Jul - Jay Bonstell 🎂
20 Jul - Dennis Schloss 🎂
20 Jul - Ron Thompson 🎂
20 Jul - Jerry & Carol Walton 🕊

21 Jul - Kit Gould 🎂
24 Jul - Lisa Gonzalez 🎂
25 Jul - Fred Leahy 🎂
26 Jul - David Chesebro 🎂
29 Jul - Judy & Dennis Schloss 🕊

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Lorianne Schwenk; Chalice Bearer: Esta Kandarian;
Lector: Jim Malone; Ushers: Ron Thompson & Maureen Titus; Greeters: Rachel Espinosa (*pre*), Lorianne Schwenk (*post*);
Flowers: Sharon Porter; Altar Guild: Judy Schloss; Coffee Hour Hosts: Connie Weldon & Pat Stoneman;
Tellers: Steve Cake & Alice Welchert; 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.

What's YOUR Ministry?

by Lorienne Schwenk and Diana Hammerlund, Ministry Coordinators

Have you ever wondered how you can help at St. Benedict's but were afraid to ask? What makes you feel like you belong at St. Benedict's? As we are all the ministry of the baptized, there have plenty of ways you can minister at our church, and we on the Parish Council welcome you to ask questions. Let us reflect on the seven ways of following Jesus that Rev. Caro+ has asked us to contemplate. Where do you see your ministry at St. Benedict's?

Here is a list of ministries that anyone is able to help with. If you want to volunteer, you can tell Lorienne or Diana and we can connect you with the leader of that ministry.

IN REACH MINISTRIES:

- Choir
- Prayer Chain/Sunday Prayer Team
- Altar Guild
- Flower Team
- Eucharistic Minister
- Usher
- Greeter
- Teller
- Coffee Hour
- Children's Ministry
- Administrative Gardens
- Safety Committee (quarterly meetings)
- Disaster Committee
- Web-site Tender

OUTREACH MINISTRIES:

- Abundance Shop
- Earthcare
- St. Benedict's Homeless Outreach
- 40 Prado Gifts
- People's Kitchen
- Laundry Love
- Los Osos Cares: Community Dinners, Warming Shelter, Resource Center

We know that there may be ministries listed that you are unsure of what they are or even what they do. The Parish Council would like to make sure you are aware of these opportunities. On Sundays during coffee hour, Lorienne Schwenk and Diana Hammerlund will be talking to members of the congregation about how you perceive YOUR ministry. No matter what, you already are a minister of God's church, and if you have ever been wondering or are interested in ministering in other areas, please don't hesitate to ask or inquire to either of us.

We are both available at church, or by email.

Lorienne: purrbythesea@gmail.com, Diana: ladydi0213@sbcglobal.net

JULY 2019 HIGHLIGHTS AT ST. BENEDICT'S

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 3 - Intercessory Prayer Circle, 10a
- 4 - Community Dinner at SBCC, 5p
- 6 - 1st Saturday Series: Soul Collage, 930a
- 7 - Children's Chapel, 1030a
- 7 - Potluck Lunch, 12p
- 13 - Men's Breakfast at Budget Café, SLO, 9a
- 13 - Saturday Evening Eucharist, 530p
- 14 - Messy Church family worship, 930a
- 17 - Intercessory Prayer Circle, 10a
- 17 - EarthCare Meeting, 230p
- 21 - Children's Chapel, 1030a
- 21 - Parish Council Mtg, 1230p
- 21 - Benefactors' Gathering, 3p at the Cadigans'
- 22 thru 26 - Vacation Bible Camp, 930a to 1240p
- 28 - Messy Church family worship, 930a
- 30 - Healing Ministry Meeting, 3p
- 31 - Laundry Love at Osos Clean Laundry, 5p

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: EFM 415p

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