

# 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:**

The one thing we can be sure of, apart from God, is change. Things rarely stay the same for long.

This month we have seen two exciting and momentous changes: Jim Arnold who has been a deacon in training here at St. Benedict's was ordained deacon, and become the Rev. Jim Arnold; and Canon Lucinda Ashby was elected to be the fourth bishop of El Camino Real. We have already blessed Jim on his way although he does not take up his new position until September, and we will have an opportunity to thank Bishop Mary on October 11 though she is still The Bishop until January 11, 2020.

At clergy conference in February, the speaker declared, "Church members love change." Once the laughter had died down, he said "Why else would we pray?" We pray for change and we work for change but often we resist change when it makes us uncomfortable or when it means giving up something we are used to or something we love. Bill and Joan Hayes and Bobbie and Don Shields can attest to this – both have downsized, moving out of homes they have loved and where a great deal of life has been lived and memories reside.

I am suggesting that we make a change. Nothing as momentous as moving house or getting a new ministry calling. I am suggesting that we change the way we share prayer for those whom we love. When we were a small group, the system of writing your loved ones names in the bidding book worked well, but now it has become unwieldy as we end up with a long list of people, many of whom we don't know. And no clear way to get anyone off the list.

It is wonderful that St. Benedict's is so generous with prayer. There is no limitation to whom we pray for, and we have a prayer chain who receive prayer requests 24/7. This group commits to praying for people for two weeks and keeping their information confidential. You can ask for prayer at any time by emailing prayer@stbenslosos.org. If you would like to be part of this ministry please ask Laura DeLoye to add your name ([office@stbenslosos.org](mailto:office@stbenslosos.org)). In addition, the Prayer Circle meets two Wednesday mornings a month and is always open to new participants. You can just show up, or ask Celeste Pennington or Ann Edwards for more information.



But we need to be more systematic about Sunday mornings so that we don't have a long, long list and find we're not really praying, just waiting to get through it. I am suggesting that we stop having the bidding book at the door and instead ask that anyone who wants someone added to the Sunday morning list contact Laura D in the office by noon on Thursday. That way we can track who requested that someone be added and find out when they can be taken off. There will still be an opportunity for you to add your own prayers and thanksgivings. So you can pray for Uncle Joe and we will be praying with you, but without him being on the long list.

I also wonder whether we might consider asking the Prayer Circle to pray for those people who have chronic conditions who will always need prayer, and only pray for them together on the 5<sup>th</sup> Sunday of the month.

Please think and pray about this and let me know what you think. There is no point in change for change's sake, but as we grow both in numbers and in the depth of our relationship with God and one another, things that we have done and cherished may no longer serve us so well.

Yet we will continue to hold prayer as a high value and to believe in God's grace which transforms lives with healing and new life.

May God bless you, your loved ones, and your prayer life, richly.

## Highlights of the Parish Council Retreat and Meeting

**Finances** – we are running a little ahead on expenses, in other words we are overspending. Fortunately our pledge income is higher than expected at this time of year but this is probably just a timing issue, not that people are contributing more. There have been several unbudgeted expenses.

**Expenditures** – a reminder that any money spent on behalf of the church or Abundance Shop must be accompanied by receipts given to the Treasurer in a timely manner.

**Veranda** – the work on the veranda will start in July. The rotten wood will be replaced and the whole area painted. This will clean out the Building Fund, plus some.

**Stewardship** – the Parish Council devoted an entire meeting to discussion of stewardship, including financial. The more excited people are about the church, the more committed they will be and the more they will want to give. This is also true of fundraisers.

**Fundraiser** – the Jazz Concert has come to the end of its useful life, in its current form. Yet fundraisers serve many purposes in addition to raising funds. We agreed to try to identify a fun band to play a concert for the fall. Also, we might be able to offer a series of chamber concerts.

**Benefactors** – the St Ben’s Benefactors thank you will be held on July 21 in the afternoon. Lorraine will head this.

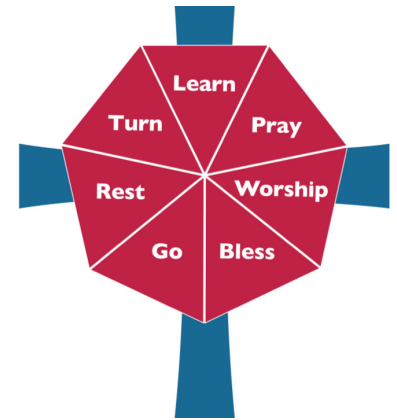
## What’s YOUR Ministry?

Lorraine 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 Lorraine or Diana and we can connect you with the leader of that ministry.



### In Reach Ministries:

- |                      |                     |
|----------------------|---------------------|
| Choir                | Coffee Hour         |
| Prayer Chain/Sunday  | Children’s Minister |
| Prayer Team          | Administrative      |
| Alter Guild          | Gardens             |
| Eucharistic Minister | Disaster Committee  |
| Usher                | Web-site Tender     |
| Greeter              |                     |

### OutReach Ministries:

- |                   |                |
|-------------------|----------------|
| Abundance Shop    | Laundry Love   |
| Earthcare         | Los Osos Cares |
| Homeless Outreach |                |
| 40 Prado Gifts    |                |
| People’s Kitchen  |                |

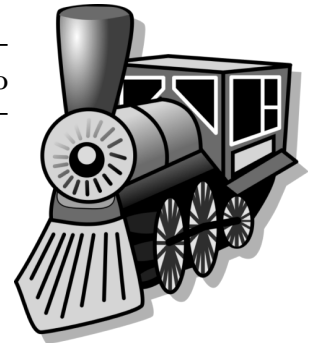
We know that there may be ministries listed that you are unsure of what they are or even what they do. The Parish Council would like to make sure you are aware of these opportunities. On Sundays during coffee hour, Lorraine Schwenk and Diana Hammerlund will be talking to members of the congregation about 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. Lorraine: [purrstbythesea@gmail.com](mailto:purrstbythesea@gmail.com), Diana: [ladydio213@sbcglobal.net](mailto:ladydio213@sbcglobal.net)

## Vacation Bible Camp

All Aboard the Gospel Train! We've talked about it before but this year we are actually offering a Vacation Bible Camp, July 22 to 26 from 9:30am to 12:30pm each day. The children who come (aged 11 and under) will hear a Bible Story, sing songs, engage in a variety of craft activities and games, and experience a little of what it is to be in church. We have a dedicated and able group of volunteers but there's still room for more. If you'd like to take part, or to provide healthy snacks, please contact Dianne Long.

Please tell your friends and neighbors – we want children!



## St. Benedict's Benefactor's Thank You

If you have remembered St Benedict's in your will or estate plan, or have made a life insurance policy in our name you are a St Benedict's Benefactor... and, if you have made a one-time gift of more than \$7,000 or contributed to the Endowment Fund, you too are a St Ben's Benefactor. Then you are invited to the thank you reception with the Parish Council to be held on July 21 at 3pm at the home of Judith and Kevin Cardigan (how lovely to have Judith and Kevin home for the summer!) If you have included us in your will or estate plan but haven't told us, you may not get an invitation so don't be shy, let Caro+, Lisa Gonzalez or Lorienne Schwenk know and you will be invited!

## Open Conversations

Starting on August, and continuing every third Tuesday through October there will be a conversation at 7:15 on a variety of topics to help you become more familiar with St Ben's, the way many of us think about our faith, and the way we do things. This is an opportunity to ask questions and share your ideas as we work together so that each of us can play a full part in the life of our faith community. The topics for the next few months will be:

**August 20:** A guide to Sunday worship, and Altar Guild

**September 17:** What about the Bible? and Bible Study and EFM

**October 15:** Baptism, and Homeless Outreach Ministry

There are no stupid questions so please plan to come and listen, learn and ask.



## Supporting St. Benedict's

An easy way to support St Benedict's is to go to Amazon.com via our website. If you go to <http://www.stbenslososos.org/support-us/> and then click on the Amazon logo, we will get a percentage of everything you spend. What could be easier?



Well maybe shopping at Spencer's, Ralphs or Food 4 Less. Just register your grocery card and every time you shop, St Benedict's will get a little bit. It all adds up. You can learn more about how to sign up here: <http://www.stbenslososos.org/support-us/>

## Bishop-Elect Lucinda Ashby

Our diocesan delegates, John Cribb, Lisa Gonzalez, and Lorienne Schwenk took part in the Electing Convention on June 1, together with Rev. Caro, Rev. Sharon and nearly-Rev Jim Arnold and about 350 other people. It went smoothly and by the third ballot Canon Lucinda Ashby was elected.

Canon Lucinda is Canon to the Ordinary in the Diocese of Idaho, a position she has held since 2011. She was in the same graduating class as Caro+, and ordained in 2004 in the Diocese of Northern California, where she served as assistant rector at St. Martin's in Davis and then rector at St. Matthew's in Sacramento. In addition, she taught at



the Church Divinity School of the Pacific in Berkeley. Before ordination Lucinda taught Spanish and music in grades 7-12 and was Head of School for a private school in Sacramento. She also founded and built a school for Native Americans in Capay Valley, California.

While in the Diocese of Northern California, Lucinda served as President of the Standing Committee, Member of Hispanic Commission, Chair of Liturgy Committee, and numerous other positions. She grew up in Perú and speaks Spanish fluently. She and her husband, Bob, currently live in Boise, Idaho; they share three grown children who reside in California with their spouses.

Canon Lucinda will be starting work in the diocese on October 8 but will not become Bishop until her consecration on January 11, 2020.

## Save the Date(s)

Bishop Mary will make her last official visit to St Benedicts on September 29 at the 10:30 service. She will be confirming and receiving people into the Episcopal Church. If you have not yet made an adult declaration of faith this is your opportunity to be confirmed, but if you did that in another church, you can be received into the Episcopal Church.

And on October 11 she will be in San Luis Obispo for a special farewell party. This is our opportunity as the churches of San Luis Obispo deanery to thank Bishop Mary for her ministry.

## Bunco Anyone?

Los Osos Cares has recently taken over the work of Womenade for Los Osos, Morro Bay and Cayucos. For many years, Womenade has raised funds for those in need who are referred by a county agency or non-profit, and has also provided clothes for high school students through the Pirates Closet at Morro Bay High School, and a food backpack program for students at the Middle School.

There will be a Bunco fundraiser on Friday August 16 at the South Bay Community Center to raise funds for this program. Individual tickets are \$30, tables are \$110. Can we have two or three St Benedict's tables??? Please let Laura know [office@stbenslososos.org](mailto:office@stbenslososos.org) if you would like a seat at one of our tables.

## Gifts that Differ Returns by Popular Demand

A mother-daughter team set out (nearly a century ago) to see if the theories of Dr. Carl G. Jung might be measured in some way. The result, *The Myers-Briggs Type Inventory*, has become widely used around the world to help people work and live together with more appreciation and understanding that all have different gifts. It is in no way a measure of capability. It tells us, rather, the preferences each of us have for taking in information, processing it, and making decisions. Katharine C. Briggs and her daughter, Isabel Briggs Myers were on to something lasting. Their creation, the MBTI is continuing to contribute to advancing our ability to communicate with one another.

In her book, *Gifts Differing*, Briggs Myers dedicates her work to *all who desire to make fuller use of their gifts*. She appeals to words from Paul's letter to the Romans (12:5-6)...*so we, who are many, are one body in Christ....and members one of another. We have gifts that differ..*

Carol Brubaker Walton will offer a second introduction to the Myers-Briggs Type Indicator for those unfamiliar with it who missed the first one in March. We will do the paper/pencil version to find out what our preferences are. We'll spend some time unpacking the results and hopefully have a little fun in the process. How could this be helpful to you in everyday life?

(Continued on the next page)

Carol has led MBTI workshops in congregations, clergy and seminarian retreats, and yes, once while on a family fishing trip. She continues to process the MBTI and its appeal during her lifetime. One thing is certain. It has helped to clarify some puzzles on her life's journey.

**August 3<sup>rd</sup> 9:30 to 12:30.** Please contact Laura in the office to register [office@stbenslososos.org](mailto:office@stbenslososos.org) 805-528-0654. There will be a requested donation to cover the cost of materials.

**EVENT!**

## Earthcare News

The Earthcare group has been active in the past few months. In May, the Bureau of Land Management held a hearing in San Luis Obispo about Federal leasing of local land for fracking and other oil exploration. This was attended by several members and friends: Joe Morris. Ann and Michael Lucas all spoke against the plan.

In June, we showed the film "[From Paris to Pittsburgh](#)" to an audience of 35 people, many of whom were from outside the congregation. This film is an encouraging reminder of the things that cities and states are doing to reduce greenhouse gases even though the federal government does not support the Paris Accord which aims to reduce global emissions in order to keep global warming below 1.5 degrees.

Also in June, the San Luis Obispo deanery churches held their bi-monthly meeting at St Benedict's and Earthcare members presented ideas for calculating and reducing our own emissions as individual households and as congregations.



Bothe Barry+ and Caro+ serve on the diocesan team which is introducing a new app, *Sustain Island Home*, that enables households to calculate their carbon footprint and identify ways to reduce it. Households are currently responsible for 40% of greenhouse gases so we can make a significant difference.

EarthCare's big project right now is bringing the Rev. Margaret Bullitt-Jonas to the west coast in September. Margaret is an Episcopal priest, retreat leader, author, and climate activist. After 25 years in parish ministry, Margaret now serves both the Episcopal Diocese of Western Massachusetts and

Massachusetts Conference, United Church of Christ, as Missioner for Creation Care. You can read her blog at [www.RevivingCreation.org](http://www.RevivingCreation.org).

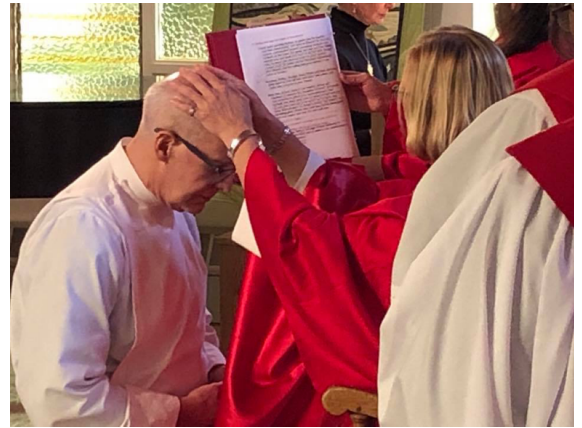
Margaret will be in San Luis Obispo for several days before she goes to Salinas to speak at a Clergy Retreat and then as a major speaker at the diocesan conference, An Opportunity for which the Church was Born on Saturday September 14. This conference is being organized by Earthcare and underwritten by the diocesan Partnership Commission. There will be three opportunities to meet Margaret while she is in San Luis Obispo:

**Tuesday September 10:** 12 noon at Bethel Lutheran, Templeton and 7:15pm at St. Benedict's, **EarthCare, Soul Care: Reflections from the Front.** How can caring for the Earth become a spiritual practice that deepens our relationship with the Sacred? What role can faith communities play in the struggle to combat climate change? Margaret will reflect on the local and worldwide movement to address climate change and how working to restore the web of life can help to heal our soul.

**Wednesday September 11, 10am – 12noon: Healing the World, Healing Ourselves: Stepping into the Great Work** The ecological challenges of our time, including species extinction and climate change, cry out for decisive action. They also call for deep inner work, as we explore how to sustain our energy and hope and as we look deeply into what it means to be human. What evolution in consciousness is taking place in the human community, and how might we encourage it in ourselves and in each other? What obstacles get in the way of our becoming bold advocates for environmental justice and Creation care? What might set us free? This gathering will include guided meditation, presentations, individual reflection, and small group sharing.

## The Rev. Jim Arnold

We are thrilled that Jim successfully leapt all the hurdles and was ordained deacon on June 22<sup>nd</sup> at St Peters, Morro Bay. After two years training at St Benedict's, we hope and believe that he is well equipped for the new work to which the Holy Spirit and the Bishop have called him. Godspeed Jim!



## Community Dinners

St. Benedict's participates with other churches and civil organizations to provide a free community dinner at South Bay Community Center every Thursday evening from 5 to 6pm. This is dinner for anyone and everyone, no questions asked. This month will be the first time we have served at the Community Center – for the last two years dinners have been graciously hosted by Trinity United Methodist Church. With the change in venue and day (from Monday to Thursday) numbers have increased to 50-60 and the way we do it has also changed a little. Please consider signing up to provide food for our neighbors and to serve it.



This is a wonderful opportunity to seek and serve Christ in others, and to make friendships with people in the wider community. This month we serve on July 4.

## Abundance Shop News

Karin Cake

Vacation at the Thrift Shop? Hardly! It's a center of activity and renewal in the summer. We continue to welcome Job Trainees from Transitions Mental Health (TMH), assisting their clients to regain their confidence in the workplace, to reclaim their people skills and their ability to make fast accurate choices. We've used our own skilled volunteers, TMH coaches and the successes of the clients themselves to help the Job Trainees prepare for successful employment. It takes time and creativity to achieve but seems well worth the effort! In addition, the shop benefits from the work done by the trainees and coaches, the sorting room gets emptied faster and we all get the satisfaction of a different kind of recycling! Several new volunteers have applied to be trained. They are each from the community of Los Osos, and were attracted by the groups we donate our profits to (more about that later), the camaraderie of our Volunteers and/ or their own enjoyment at finding treasures in the bags and boxes of donations that come our way.

The shop is truly a place of Abundance! The donations in spring and summer reflect the urge to clear and clean, making the nest ready for better use and ease of management. We see lots of vintage treasures; surprising art, clothing, books, housewares and a large number of one-of-a-kind miscellany. Of course, we continue to shelve the basic necessities of households in transition. We also serve as a place of connection and support. Examples are; new families in town, single retirees who come for a bit of conversation and stimulation, caregivers on their work break, entrepreneurs looking for unexpected values on resalable merchandise, and singles who seek a safe place for connect-

edness.

It has been a lovely addition to have Deacon Sharon here weekly for some time to be available for easy conversation and quiet listening.

The Volunteers met this month to choose their favorite Charitable groups to which to send our quarterly donations. They are: St Benedict's, Noor Medical Clinic, People Helping People, Los Osos Cares, Women's Shelter, Laundry Love, Feline Network and Prado Day Center.

Our thanks to God for providing, donors to choose to donate to us and volunteers to tote, sort, and sell the abundance of usable stuff.

## **Member Highlight: Sarah Chesebro** (Finding Purpose After Retirement, Part 1)

“What is a Province and what is NAGA?”

In 2014, I retired after 35 years of State Service with the California Department of Transportation (Caltrans) as Transportation Engineer and Transportation Planner. While finding my way in a post-retirement world, I found myself asking Caro+ “Where was I needed upon my return to Los Osos and Saint Benedict’s?” Without hesitation she said, “The Altar Guild. And would you be the Director?” (The Altar Guild’s ministry is to care for the altar, vestments, vessels and altar linens.)

I was most flattered that she thought I was knowledgeable enough to take on this position. And, as I did throughout my professional career, I took up the challenge. In retrospect, I had been on Saint Benedict’s Altar Guild from 1987 to 2005, but I had not thought of myself a leader in this ministry.

My organizational skills kicked in first with much appreciation from the Altar Guild members, Eucharistic Ministers and Clergy. Rev. Donna Ross exclaimed. “We now have a Sacristy that looks and functions like a Sacristy!” (The Sacristy is the room where vestments, altar hangings and linens, sacred vessel, and liturgical books are kept until needed for use in worship. Clergy typically vest in the sacristy.)

I was encouraged to move forward with my new found spiritual purpose. In a 2016 Diocesan Newsletter, “Along the King’s Highway,” I saw an opportunity to increase my Altar Guild knowledge – “Province VIII Altar Guild Meeting - Oceanside”. I was game and thought “What a lovely ride it will be on AMTRAK along the coast to Oceanside!”

But wait – what is Province VIII? After consulting with Caro+: The Episcopal Church is divided into nine Provinces. Each Province has a synod (the governing assembly of an Episcopal province) consisting of a House of Bishops and a House of Deputies. Province VIII has 19 Dioceses including: Alaska, Arizona, California, Eastern Oregon, El Camino Real, Episcopal Church in Micronesia, Hawaii, Idaho, Los Angeles, Navajoland Area Mission, Nevada, Northern California, Olympia, Oregon, San Diego, San Joaquin, Spokane, Taiwan, and Utah.

The Province VIII Altar Guild Meeting in Oceanside was very informative. The theme was “Altar Guild in the 21<sup>st</sup> Century” focusing on the use of technology in our ministry. The best part was meeting other Altar Guild members and learning about the National Altar Guild Association (NAGA). The purpose of the National Altar Guild Association (NAGA) is to assist parish, diocesan, and provincial altar guilds through information, resources, and communication. <http://www.nationalaltarguildassociation.org>

My journey outside of the Parish of Saint Benedict’s and the Diocese of El Camino Real in the Episcopal Church continued! In 2017, I attended the annual Province VIII Altar Guild Meeting in Salt Lake City, Utah. With the theme of “Altar Guild: A Spiritual Ministry.” At the end of the meeting, the Province VIII representative pulled me aside and said she wanted me to take over her position. I had to think about it. Several days later, she called me one evening and caught me in a weak moment with a glass of wine in my hand. I said yes to becoming the Provincial Representative and again took up the challenge.

In 2018 I found myself in Austin, Texas at the Triennial Meeting of NAGA in conjunction with the Episcopal General Convention. NAGA is responsible for serving Eucharist to the thousands of attendees at the General Convention. Each of the nine Provincial Representatives for Altar Guild is a member of the NAGA Board. And so, this year landed me in Mobile, Alabama for NAGA’s annual meeting. What a ride!

Please look for future articles regarding my journey as the Provincial Representative for Altar Guild in Province VIII: 2019 – 2021.



July August 2019

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