

Benediction Weekly

July 21, 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.

New at St. Benedict's this week ...



All Aboard the Gospel Train! Vacation Bible Camp

Monday through Friday from 9:30am to 12:30pm

A week of fun, games, music, and stories for children 11 and under.



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
3:00 pm – Benefactors' Reception at Cadigans'

Monday, July 22 RECTOR'S SABBATH

9:30 am – Vacation Bible Camp
6:30 pm – Active Hope study group

Tuesday, July 23

9:30 am – Vacation Bible Camp
5:30 pm – Vespers, followed by potluck

Wednesday, July 24

9:30 am – Vacation Bible Camp
1:00 pm – Men's Book Discussion: Universal Christ
4:15 pm – Education for Ministry
7:00 pm – Summertime Singtime

Thursday, July 25

9:30 am – Vacation Bible Camp

Friday, July 26

9:30 am – Vacation Bible Camp

Sunday, July 28

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

RECTOR'S SABBATH

Please remember that Mondays are the Rector's Sabbath, when Rev. Caro+ is generally unreachable. Messages will be returned a day or so later.



Body Prayer, part 1:

CROSSING YOURSELF

We cross ourselves as a way of asking for God's blessing. There is no wrong time to cross yourself but here are the most common times:

- When The Trinity is mentioned (Father, Son and Holy Spirit or Creator, Redeemer and Sanctifier)
- At the end of the Creed when we talk about the "resurrection of the dead, and the life of the world to come."
- During the Eucharistic Prayer when we ask God to bless us ("Sanctify us also...")
- When the priest pronounces the blessing at the end of the service.
- Some people also cross themselves during the Sanctus at the words "Blessed is he who comes in the Name of the Lord"

TURN IT OFF, LOCK IT UP

There have been a number of incidents recently when something was left running or unsecured that shouldn't have been, especially following evening programs. Please remember, when you are among the last to leave the building, to make certain that heat, lights, and water taps are turned OFF, and that doors are locked AND latched.

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Brian Spolarich; Chalice Bearer: John Horsley;
Lector: Ann Edwards; Ushers: Alan Kiste & Michael Lucas; Greeter: Ann Lucas; Flowers: Sharon Porter;
Altar Guild: Pat Stoneman; Coffee Hour Hosts: Pat Henry, Suzan Vaughn & Connie Weldon;
Tellers: Judy Schloss & Rachel Espinosa; 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.

Seven Marks of a Healthy Church

Taken from the Healthy Churches Handbook, by Robert Warren, this list identifies common characteristics of healthy churches.

1. Energized by faith - rather than just keeping things going or trying to survive

- worship and sacramental life: moves people to experience God's love
- motivation: energy comes from a desire to serve God and one another
- engaging with Scripture: in creative ways connect with life
- nurtures faith in Christ: helping people to grow in, and share their faith.

2. Outward-looking focus - with a 'whole life' rather than a 'church life' concern

- deeply rooted in the local community, working in partnership with other denominations, faiths, secular groups and networks
- passionate and prophetic about justice and peace, locally and globally
- makes connections between faith and daily living
- responds to human need by loving service

3. Seeks to find out what God wants - discerning the Spirit's leaning rather than trying to please everyone

- vocation: seeks to explore what God wants it to be and do
- vision: develops and communicates a shared sense of where it is going
- mission priorities: consciously sets both immediate and long-term goals
- able to call for, and make, sacrifices, personal and corporate, in bringing about the above and living out the faith.

4. Faces the cost of change and growth - rather than resisting change and avoiding failure

- while embracing the past, it dares to take on new ways of doing things
- takes risks: and admits when things are not working, and learns from experience
- crises: responds creatively to challenges that face the church and community
- positive experiences of change: however small, are affirmed and built on.

5. Operates as a community - rather than functioning as a club or religious organization

- relationships: are nurtured, often in small groups, so people feel accepted and are helped to grow in faith and service
- leadership: lay and ordained work as a team to develop locally appropriate expressions of all seven marks of a healthy church
- lay ministry: the different gifts, experiences and faith journeys of all are valued and given expression in and beyond the life of the church.

6. Makes room for all - being inclusive rather than exclusive

- welcome: works to include newcomers into the life of the church
- children and young people: are helped to belong, contribute and be nurtured in their faith
- enquirers are encouraged to explore and experience faith in Christ
- diversities: different social and ethnic backgrounds, mental and physical abilities, and ages, are seen as a strength.

7. Does a few things and does them well - focused rather than frenetic

- does the basics well: especially public worship, pastoral care, stewardship and administration
- occasional offices: make sense of life and communicate faith
- being good news as a church in its attitudes and ways of working
- enjoys what it does and is relaxed about what is not being done

As posted by Hannah Wilder on the [Diocese of San Diego website](#)

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