

# Benediction Weekly

## July 28, 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.*

### People's Kitchen next Saturday



St. Ben's provides a noonday meal at the Prado Day Center on the first Saturday of odd-numbered months. Please sign up to send food and/or to serve.  
(And don't forget we also collect non-perishable food items and toiletries for Prado every Sunday!)

#### This Week at St. Benedict's

(at the church unless otherwise specified)

##### TODAY

- 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

**Monday, July 29** RECTOR'S SABBATH

**Tuesday, July 30**

- 5:30 pm – Vespers, followed by potluck

**Wednesday, July 31**

- 1:00 pm – Men's Book Discussion: Universal Christ
- 4:15 pm – Education for Ministry
- 5:00 pm – Laundry Love at Osos Clean Laundry
- 7:00 pm – Summertime Singtime

**Thursday, Aug 1**

- 2:00 pm – Hollister Institute visioning session

**Saturday, Aug 3**

- 9:30 am – First Saturday series: Myers Briggs workshop
- 12 noon – People's Kitchen at Prado Day Center

**Sunday, Aug 4**

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

#### Educational Training from Transitions: Dealing with Difficult People

*This workshop for Abundance Shop volunteers is also open to any interested St Ben's members. Please consider attending.*

Abundance Shop manager Deb Garza writes:

Hi Everyone!

Starr from Transitions has agreed to come to the shop and speak with us about how to handle and diffuse difficult patrons who come into the shop and personal safety concerns that can stem from this. We will be discussing YOUR concerns and thoughts in regards to this topic. If you are available or can make yourself available, PLEASE attend.

Monday, July 29 from 1:30 to 3:30 pm at the Abundance Shop. Healthy Delicious Snacks and Beverages will be served.

Thank you for everything you do....every day for our cause.

Deb

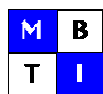
#### Opening Doors of Interfaith Understanding

Monday, August 12, 7:30 pm at Mission San Luis Obispo – 751 Palm St., SLO.

*Discussion:* "This is My God' by Herman Wouk, presented by Dr. Rich Carsel and "Islamic Ethics and the Environment," presented by Naiyerah Kolkailah.



Laundry Love  
5pm Wednesday



Myers-Briggs Workshop  
930am Saturday



Loose cash in the offertory today will be dedicated to the Rector's Discretionary Fund

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

Celebrant: The Rev. Dr. Caroline Hall; Deacon: The Rev. Jim Arnold; Eucharistic Minister: Alan Kiste; Chalice Bearer: Esta Kandarian; Lectors: Bryson McKelvey & Ann Lucas; Ushers: Brian Spolarich & Maureen Titus; Greeter: Joan Hayes; Flowers: Brian Spolarich; Altar Guild: Stef Shuman; Intercessor: Judy Schloss; Coffee Hour Hosts: Diana Hammerlund & Karin Cake; Tellers: Steve Cake & Alice Welchert; Cantor: Lorie Schwenk; 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.

## Changes in Prayers

Starting on Sunday August 4, we will change the way we pray for each other, our family and friends.

The Bidding Book will be on the stand as usual, and you can write in the name of anyone who is on your heart. Their name will be read during the Prayers of the People. However, (here's the big change) we will not carry those names over into the next week. Of course, there are many people whom we love who have problems that last for more than one week or who have long-term chronic problems.

We will continue to pray for these people:

- during our healing service, which is usually the 5th Sunday
- in the bi-monthly Wednesday morning prayer circle (consider joining us at 10:00)
- individually - they will be listed in the email that Stef sends every week, and once a month will be listed in the Benediction Weekly.

If you want someone added to the long-term list please send an email to [office@stbenslososos.org](mailto:office@stbenslososos.org) or call Laura in the office (805-528-0654). That way we can keep track of who everyone is and check back with you from time to time to see if they still need our prayer. If there is someone on the long-term list who no longer needs our prayers please also let Laura know.

If you or someone you care for needs special prayer during the week please contact the prayer team [prayers@stbenslososos.org](mailto:prayers@stbenslososos.org). The prayer team will pray for your concern for 2 weeks, but this is a separate system - the person will not be added to the bidding book or long-term list. If you would like to be added to the list of those who pray, please let Laura know.

We will try this until the January Parish meeting. If it's working we will stay with it, if not we can discuss it further then. Thank you for your generosity and faithfulness in prayer,

Caro+

### AUGUST 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

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, Choir Rehearsal 7p**

1 - Hollister Institute visioning session, 2p  
3 - 1st Saturday Series: Myers-Briggs Workshop, 930a  
3 - People's Kitchen at Prado Center, 12p  
4 - Children's Chapel, 1030a  
4 - Potluck Lunch, 12p  
5 - Active Hope book study group, 530p  
7 - Intercessory Prayer Circle, 10a  
10 - Men's Breakfast at Budget Café, SLO, 9a  
10 - Saturday Evening Eucharist, 530p  
11 - Messy Church family worship, 930a  
18 - Children's Chapel, 1030a  
18 - Parish Council Meeting, 1230p  
19 - Active Hope book study group, 530p  
20 - Open Conversations: Sunday Worship + Altar Guild, 715p  
21 - Intercessory Prayer Circle, 10a  
21 - EarthCare Meeting, 230p  
22 - Healing Ministry Meeting, 3p  
25 - Messy Church family worship, 930a  
28 - Laundry Love at Osos Clean Laundry, 5p

**AUGUST Birthdays 🎂 and Anniversaries 🕊**

4 Aug - Sarah Chesebro 🎂	16 Aug - Barry + Ruth Turner 🕊	21 Aug - Sharon Porter 🎂
7 Aug - Anne Kanter 🎂	18 Aug - Kit Gould + Ed Himmelblau 🕊	23 Aug - John Cribb 🎂
7 Aug - Celeste Pennington 🎂	19 Aug - Pamela + Tim Strawn 🕊	23 Aug - Tom Pickering 🎂
8 Aug - Ed Himmelblau 🎂	21 Aug - Brian Stein-Webber 🎂	31 Aug - Don + Bobbie Shields 🕊

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](mailto:office@stbenslososos.org) Telephone: (805)528-0654 [www.stbenslososos.org](http://www.stbenslososos.org)