

Benediction Weekly

August 18, 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.



Blessing of the Backpacks

Whether they are carrying their first box of crayons to preschool or lugging a locker-full of textbooks from class to class, a backpack is the symbol of the student's call to grow in wisdom. We're sending our students and teachers back to school with our prayers and blessings.

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 music
12:30 pm – Parish Council Meeting

Monday, Aug 19 RECTOR'S SABBATH

6:30 pm – Active Hope study group

Tuesday, Aug 20

5:30 pm – Vespers, followed by potluck
7:15 pm – Open Conversations: Sunday worship

Wednesday, Aug 21

10:00 am – Intercessory Prayer Circle
2:30 pm – Earthcare Meeting
4:15 pm – Education for Ministry
7:00 pm – Choir Rehearsal

Thursday, Aug 22

3:00 pm – Healing Ministry

Sunday, Aug 25

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
12:30 pm – Hollister Institute Information Meeting

Updated Parish Directories are now available near the ushers' station, or on the Members Only section of our website. Contact Laura in the church office if you don't know how to access that.

Sign-ups

Laundry Love will be held on Wednesday, *August 28th* – from 5pm-9pm at the Osos Clean Laundry in the Valley Liquor complex. Help is needed to staff it on the evening or to provide materials and funding. Maureen Titus has details.



Our next turn serving at the **Los Osos Community Dinner** is Thursday, *September 4th* beginning at 5:00pm at the South Bay Community Center. Please use our sign-ups sheets to volunteer to provide food or to serve. Barbara Hirahara has details.

The Bishop is Coming!



Bishop Mary will be here on *September 29th*

This will be your last chance to be confirmed or received by Bishop Mary. Next time we have an official visitation it will be with Bishop-Elect Lucinda who will become our bishop on January 11, 2020. If you want to be confirmed (make an adult declaration of faith) or received into the Episcopal Church please let Caro+ know now as there is some preparation involved.



Walking with God in Creation - *Saturday, September 7th*

Treat yourself to a morning of connecting with Creation and Christ. We will start at Spooner's Cove at 9:30 (carpool from St Benedict's at 9). After simple instruction, we will enjoy a meditation walk in silence, allowing ourselves to experience our oneness with the planet. Then we'll go up to the bluffs and take a gentle walk along the cliffs. This path is even and relatively flat. Then it's back to church for refreshments and a short time of reflection and meditation. We'll be done by 12:30. What better way to spend a Saturday morning? Led by Fr. Barry and Rev. Caro.

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Michael Lucas; Chalice Bearer: John Horsley;
Lector: Tom Pickering; Ushers: Connie Weldon & Esta Kandarian; Greeter: Diana Hammerlund;
Flowers: Sarah Chesebro; Altar Guild: Sarah Chesebro & Judy Schloss;
Coffee Hour Hosts: Ann Lucas & Lisa Gonzalez; Intercessor: Helen Schnieders;
Tellers: Mary Ellen Rico & Judith Cadigan; 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 SBCC, on 1st Thursday of odd-numbered months, in conjunction with Los Osos Cares.

EARTHCARE – 3rd 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 40 Prado, 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.

Open Conversations

Are there things you're curious about - questions you've always wanted to ask but not had the opportunity? Open Conversations is the place to go. Each month, this new informal gathering will focus on a topic that relates to what it means to be part of the Jesus Movement in the Episcopal tradition, and specifically how we understand and live it out at St. Ben's. Whether you are new or have been here for as long as anyone can remember, this will be a great conversation about who we are and why we do the things that we do. This month on Tuesday, **August 20th** at 7:15pm we'll talk about why we do what we do on Sunday mornings. Next month, on **September 17th**, we'll discuss what we understand about the Bible. Most months, Caro+ will lead the conversation but she won't be the only one talking. We'll meet at 7:15 after the pot-luck which starts about 6:15 after vespers which starts at 5:30. You can come just for the Open Conversation, come for dinner first or make an evening of it!

Hollister Institute Information

Please come to an Open Information Meeting about Hollister Institute next Sunday, **August 25th**, following the 10:30 service.

Hollister is and has been an outreach program of St. Benedict's which invites members and non-members to participate in programs and be in community with others who want to explore philosophy, religion, spirituality and ethics. Hollister is intended to be different from our in-house adult formation programs. We want to re-invent it to once again provide a focus on the outreach function as well as the community aspect. We've posited a core group of people to engage facilitators/ presenters for programs and enlist others to provide logistical support. We envision 3-4 program cycles a year with each being 4 – 6 units long. We need your input and ideas. Please join us!

Bishop Mary's Celebration

Hosted by the San Luis Obispo Deanery

Friday, October 11th 6pm – 9pm at King David's Masonic Lodge, SLO

Limited seats are available. RSVP by September 15 to John Cribb: johncribb@realtor.com (805) 235-6204. Tickets will be given for each reservation at no cost. This event is free but donations will be gratefully accepted. Please make donations payable to St. Benedict's with the notation: "Bishop's Celebration"

Body Prayer, part 2: Bowing

We bow to each other or to God in order to show our reverence. Common times to bow are:

- Whenever Jesus Christ is mentioned (because "at the Name of Jesus every knee shall bow")
- When we pass in front of the altar or tabernacle
- During the Nicene Creed when we remember the astonishing love shown in the incarnation: "he came down from heaven, he became incarnate..."
- When the *Gloria Patri* is said, "Glory to the Father and to the Son and to the Holy Spirit"
- During the Sanctus "Holy, holy, holy..."
- When the Processional Cross or the Gospel Book passes us
- At the end of the Communion circle



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