

# Benediction Weekly

## February 16, 2020

*St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry and commitment to social justice.*



### Los Osos Community Dinner – March 5<sup>th</sup>

St. Benedict's takes responsibility for hosting the community dinner at the South Bay Community Center on the first Thursday of odd-numbered months. Volunteers are needed to prepare and/or serve food and welcome our guests. Sign-up sheets are available 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 – Holy Eucharist with music  
12:30 pm – Parish Council Meeting

#### Monday, Feb 17 RECTOR'S SABBATH

#### Tuesday, Feb 18

2:00 pm – Intercessory Prayer Circle  
5:30 pm – Vespers, followed by potluck supper  
7:15 pm – Open Conversations: Faith

#### Wednesday, Feb 19

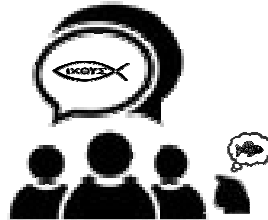
2:30 pm – Earthcare Meeting  
4:15 pm – EFM class  
7:00 pm – Choir Rehearsal

#### Thursday, Feb 20

9am-1:30 pm Los Osos Cares Senior Forum  
at SBCC

#### Sunday, Feb 23

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  
2:00 pm – SLO Deanery Mtg at St. Barnabas'



### Open Conversation: Faith

7:15 – 8:30 pm, Tuesday, February 18

This month we will be talking about *faith*. Is faith the same as believing? Why do we say the creed and do you need to cross your fingers at the same time? What is the faith of the Episcopal Church?

We will also be talking about body prayer - why and when some people cross themselves, why we turn toward the gospel book and so on.

This continuation of our monthly Open Conversation series, which looks at basic tenets of our understanding of Christianity, will be held on Tuesday evening, **February 18** starting at 7:15 (after the pot-luck supper which follows Vespers).

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

Celebrant: The Rev. Dr. Caroline Hall; Preacher: Lorianne Schwenk; Eucharistic Minister: Brian Spolarich;  
Chalice Bearer: Judy Schloss; Lector: Bob Pelfrey; Ushers: Maureen Titus & Alan Kiste;  
Altar Guild: Stef Shuman & Elaine Beckham; Greeters: Joan Hayes, *pre* & Brian Spolarich, *post*;  
Flowers: Sarah Chesebro; Coffee Hour Hosts: Barbara Schippers & Anne Kanter;  
Prayer Team Intercessor: Lisa Gonzalez; Children's Bible Time: Dianne Long;  
Tellers: Bryson McKelvey & Stef Shuman; Music: Ann Lucas **Thank you for your service!**



ST. BENEDICT'S EPISCOPAL CHURCH, The Rev. Dr. Caroline Hall, Rector  
EPISCOPAL DIOCESE OF EL CAMINO REAL, The Rt. Rev. Lucinda Ashby, Bishop



**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 1<sup>st</sup> Thursday of odd-numbered months, in conjunction with Los Osos Cares.

**EARTHCARE** – 3<sup>rd</sup> 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.

**INTERCESSORY PRAYER CIRCLE** Prayers for the community and the world. 1<sup>st</sup> & 3<sup>rd</sup> **Tuesdays**, 2pm.

**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. 2<sup>nd</sup> & 4<sup>th</sup> Sundays in the Great Room at 9:30.

**PEOPLE'S KITCHEN** – Providing and serving lunch at 40 Prado, 1<sup>st</sup> Saturday of even-numbered months.

**POTLUCK AND PRADO** – On the 1<sup>st</sup> 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*  
Stef Shuman, *Sr. Warden*,  
Lisa Gonzalez, *Treasurer*,  
Deb Garza, Diana Hammerlund,  
Steve Hirahara, Esta Kandarian,  
Alan Kiste, Michael Lucas,  
Lorienne Schwenk, Jane Wu



## Senior Forum February 20<sup>th</sup>



Los Osos Cares is hosting a Senior Forum on Thursday, February 20th from 9 am- 1:30pm at the South Bay Community Center. We will be discussing Senior Needs and Services in Los Osos, Morro Bay and Cayucos. Call 805-592-2701 for more information. This will be a kick off for our outreach for the Dignity Community Grant of which St. Benedicts is a partner.

The Dignity Health Foundation has awarded \$80,000 to a coalition of agencies led by Los Osos Cares and St. Benedict's Episcopal Church to expand its work providing resources and basic needs for people living on the edge of society to include those living in Morro Bay and Cayucos (Estero Bay), especially senior residents.

Los Osos Cares is a non-profit started three years ago by members of St Benedict's and local community members that now engages more than 200 volunteers in a variety of capacities. It currently provides Los Osos with a weekly free community dinner, a resource center, a warming shelter and grants for emergency needs. St. Benedict's also offers the monthly Laundry Love program, which partners with local laundromats in cleaning the clothes of those who are financially struggling. The grant will pay for an expansion of Laundry Love in Los Osos, and a needs assessment among under-served seniors in the Estero Bay area with a view to providing additional services that will help to build healthy communities along the coast.

<https://www.losososcares.com/>



**starts on Ash Wednesday, February 26**

**Ashes to Go** – Drive-thru Imposition of Ashes, outside the Abundance Shop, from 7:30 am

**Ash Wednesday Liturgy with Imposition of Ashes**  
12 noon and 7 pm at the church

### A New Lenten Series at St. Benedict's

There will be an opportunity for prayer and study on Tuesday mornings from March 3 to April 7

<b>Prayer for the Morning</b>	9:45-10am
<b>Centering Prayer</b>	10-1030am
<b>Book Study</b>	10:30am-noon

Based on *"In the Sanctuary of Women"* by Jan Richardson

**WATCH FOR THE RETURN OF THE STATIONS OF THE CROSS  
SCULPTURES CREATED LAST YEAR FOR ST. BENEDICT'S  
BY ARTIST CHLOE A. WHITE.**

**St. Benedict's Episcopal Church – 2220 Snowy Egret Lane – PO Box 6877, Los Osos, CA 93412**  
For counsel & spiritual care contact: The Rev. Dr. Caroline Hall (805)704-5826; The Rev. Barry Turner (805)784-0670;  
or The Rev. Susan Plucker (530)263-8540. Call Celeste Pennington with pastoral care needs: (805)771-8974  
Contact Stef Shuman with content for the Ben Weekly [stefshuman@sbcglobal.net](mailto:stefshuman@sbcglobal.net) or (805)534-3622  
Church Office Hours: Tues through Thurs 1:30-4:30pm ~ Parish Administrator: Stephanie Olsen  
Email: [office@stbenslososos.org](mailto:office@stbenslososos.org) Telephone: (805)528-0654 Website: [www.stbenslososos.org](http://www.stbenslososos.org)