

# Benediction Weekly

February 23, 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.*



## Ash Wednesday this week

Ashes to Go – outside of The Abundance Shop, beginning at 7:30am  
Ash Wednesday Liturgy with Imposition of Ashes, 12noon and 7pm

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

#### **Monday, Feb 24** RECTOR'S SABBATH

#### **Tuesday, Feb 25**

- 5:30 pm – Vespers, followed by potluck supper

#### **Wednesday, Feb 26** ASH WEDNESDAY

- 7:30 am – Ashes to Go at Abundance Shop
- 12:00 pm – Ash Wednesday Liturgy
- 3:00 pm – Laundry Love at Osos Clean Laundry
- 4:15 pm – EFM class
- 7:00 pm – Ash Wednesday Liturgy

#### **Sunday, Mar 1**

- NO 8 am Service
- 9:20 am – Bible study
- 10:30 am – Holy Eucharist with music,  
followed by potluck lunch:  
**A-G** Dessert; **H-R** Salad & bread; **S-Z** Main dish  
Also, Confirmation Class Begins

### *Hollister Institute Event*

*Two Presentations by Michael Lucas,  
Cal Poly Professor Emeritus in Architecture*

#### *Sacred Light – Gothic Light* (March 7<sup>th</sup> at 3pm)

*Origins of the Gothic and English Cathedrals*

Sacred Light Gothic Light will examine the origins of the Gothic by Abbot Suger in Paris, inspired by writing attributed to St. Denis, and its lightning-like expansion across northern Europe and especially the English Gothic. Michael's own images will include Durham, Salisbury, Ely, Winchester, and York Cathedrals, Cambridge and Oxford.

#### *Sacred Light – Nordic Light* (March 14<sup>th</sup> at 3pm)

*Contemporary Faith & Form  
in Denmark and Finland*

Sacred Light Nordic Light will examine examples of contemporary/post-WW II spiritual architecture from urban and rural Denmark and Finland, rethinking wood, stone, space and light, including works of the great Finnish architect, Alar Aalto.

### **“I will, with God's help”**

#### **Study for Confirmation and Reception in the Episcopal Church And Reaffirmation of Baptismal Vows for those already confirmed**

A five week study, based on the Baptismal Covenant, is being offered at St. Benedict's in preparation for confirmation or reception in the Episcopal Church by Bishop Lucinda Ashby during her visit on Sunday, July 12. Those already confirmed can reaffirm their vows at the same time. The classes will be held following our 10:30 service, starting March 1. Activities will include journaling, reviewing the Bible, the Book of Common Prayer, Christian beliefs and practices and history of the Episcopal Church. Each session will last no more than 90 minutes, with some preparation by each participant between sessions. The class will be mentored by Lisa Gonzalez, “a cradle Episcopalian”, who was confirmed at 11, but didn't really know what it meant at the time, except that now she could take communion. For more information, contact Lisa at 805-544-2895 or [lgonzo@fix.net](mailto:lgonzo@fix.net)

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

Celebrant: The Rev. Susan Plucker; Preacher: The Rev. Jerry Walton; Eucharistic Minister: Lisa Gonzalez;  
Chalice Bearer: Dianne Long; Lectors: Roz & Jim Malone; Ushers: Ron Thompson & Michael Lucas;  
Altar Guild: Pat Stoneman & Diana Hammerlund; Greeters: Laura Thompson, *pre* & Lisa Gonzalez, *post*;  
Flowers: Laura Thompson; Coffee Hour Hosts: Maureen Titus & Judy Schloss;  
Prayer Team Intercessor: Louisa Beeler; Children's Bible Time: Pamela Bleisch Strawn;  
Tellers: Dianne Long & Alice Welchert; 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.

**LAUNDRY LOVE** - Helping low-income families with funds, soap, and friendly assistance at Osos Clean Laundry. 3-7pm 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*,  
Jane Wu, *Jr. Warden*,  
Lisa Gonzalez, *Treasurer*,  
Deb Garza, Diana Hammerlund,  
Steve Hirahara, Esta Kandarian,  
Alan Kiste, Michael Lucas,  
Lorienne Schwenk

## A Lenten Pilgrimage of Reflection

*Tuesday mornings from March 3 to April 7*

**Calling all adventurous spiritual seekers...** join us as we explore six women, their lives and times and the questions and journeying that they spark for us. Each of these sessions stands alone - we invite you to join us on a Lenten pilgrimage of exploration for one week or for as many as you can manage.

- March 3 Eve
- March 10 Brigid
- March 31 Harriet Powers
- March 24 Hildegard of Bingen
- March 17 The Desert Mothers
- April 7 The Bride

This pilgrimage of reflection is grounded in the work of Jan Richardson, [In the Sanctuary of Women](#). Each day there will be a short Prayer for the Morning at 9:45 then after a short break, 20 minutes of Centering Prayer/silence together followed by the class at 10:30. You are welcome to come for any combination of these prayers and group work. Everyone is welcome, (both men and women) whatever your spiritual background. Your experience may be richer if you choose to read the book but it is not required.

The class will be led by the Rev. Carol Brubaker Walton and the Rev. Caro Hall.

*There will also be a Quiet Morning on March 21 from 9:30 to 12:30 for those who are unable to participate in weekly class.*

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				

### Weekly Events:

**Mondays:** Rector's Sabbath  
**Tuesdays:** Vespers 530p + Potluck 615p  
**Wednesdays:** EFM 415p, Choir Rehearsal 7p  
**Tuesday Lent Program - Beginning March 3**  
Prayer for the Morning 945a  
Centering Prayer 10a  
Jan Richardson Book Study/Discussion 1030a  
"In the Sanctuary of Women"

### MARCH 2020 HIGHLIGHTS AT ST. BENEDICT'S

- 1 - Potluck follows 1030 service
- 3 - Tuesday Lent Program begins, 945a
- 5 - Los Osos Community Dinner, 5p at SBCC
- 6-7 Parish Council Retreat
- 7 - Hollister Institute: Sacred Light/Gothic Light, 3p
- 14 - Men's Breakfast Group, Budget Café, SLO, 9a
- 14 - Altar Guild Meeting, 1030a
- 14 - Hollister Institute: Sacred Light/Nordic Light, 3p
- 14 - Saturday Evening Eucharist, 530p
- 17 - Open Conversations, 715p
- 18 - EarthCare Meeting, 230p
- 21 - Lenten Quiet Morning, 930a
- 25 - Laundry Love at Osos Clean Laundry, 3p
- 26 - Healing Ministry Meeting, 3p
- 28 - Roger G. Bailey Guitar Scholarship Concert, 2p

### MARCH BIRTHDAYS + ANNIVERSARIES

4 Mar - Susan Plucker 🎂  
5 Mar - Ruth Turner 🎂  
9 Mar - Jill Denton 🎂

10 Mar - John Horsley 🎂  
19 Mar - Don Maruska 🎂  
19 Mar - Ron + Laura Thompson 🎂

22 Mar - Ann Lucas 🎂  
25 Mar - June Wright 🎂  
26 Mar - Steve + Karin Cake 🎂  
27 Mar - Monique Garvanian 🎂

**Rector's Discretionary Fund** – On the last Sunday of each month, (like today) the loose plate offering is designated to the RDF, to help those in the parish or the wider community in need of emergency assistance. You may also contribute by check to St Ben's with "RDF" in the memo line. **Thank you for your generosity!**

**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)**