

Benediction Weekly

March 1, 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.



Potluck Lunch today – Visitors are Welcome!

And don't forget to volunteer to help out at the Community Dinner this Thursday at 5pm at SBCC

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY

- 9:20 am – Bible study
- 10:30 am – Holy Eucharist with music followed by potluck lunch. and Confirmation class begins

Monday, Mar 2 RECTOR'S SABBATH

Tuesday, Mar 3

- 9:45 am – Prayer for the Morning; Centering Prayer
- 10:30 am – Lenten Pilgrimage: *Eve*
- 5:30 pm – Vespers, followed by potluck supper

Wednesday, Mar 4

- 4:15 pm – EFM class
- 7:00 pm – Choir Rehearsal

Thursday, Mar 5

- 5:00 pm – Community Dinner at SBCC

Friday and Saturday – Parish Council Retreat

Saturday, Mar 7

- 3:00 pm – Hollister Inst.: Sacred Light / Gothic

Sunday, Mar 8

- 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



A New Lenten Series

On Tuesday mornings from **March 3 to April 7**, you are invited to a pilgrimage of reflection, grounded in Jan Richardson's *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.

Quiet Morning

On Saturday, **March 21**, there will be a Lenten Quiet Morning from 9:30 – 12:30. This morning's activities will draw from the same book *In the Sanctuary of Women*, and will include times of meditation, personal reflection, poetry art and maybe even chant. Led by Caro+

Daylight Saving Time begins Next Sunday - Don't forget to set your clocks forward, or you'll be late to church!

Lenten reflection booklets are available in the church: *Lent is not Rocket Science*.

The season of Lent prompts us to ask questions, big and small, about the nature of our being and about our role in the world. In these daily Lenten reflections, astronomer, physicist, and Episcopal Bishop W. Nicholas Knisely explores the intersection of faith and science, creation and the cosmos.

These booklets are available for free; however, a donation of \$5 will cover our cost.

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Carol Brubaker Walton; Chalice Bearer: Jerry Walton; Lectors: Roz Malone & Jim Malone; Ushers: Ron Thompson & Steve Hirahara; Altar Guild: Lisa Gonzalez; Greeters: Jerry Walton, *pre* & Carol Walton, *post*; Flowers: Laura Thompson & Barbara Schippers; Potluck Hosts: Anne Kanter & Connie Weldon; Prayer Team Intercessor: Lisa Gonzalez; Children's Bible Time: Pamela Bleisch Strawn; Tellers: Judy Schloss & 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 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.

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.

SMOKEY says "Hi!" 

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

Is God a Capitalist: What, really, is the Invisible Hand?

A Lenten study group is forming at St. Stephen's, based on a discussion of *Counting the Costs: Christian Perspectives on Capitalism*, edited by Art Lindsey and Anne Bradley. The group will meet from 11:00 to noon on Thursdays in Ramsden Hall at St. Stephen's, 1344 Nipomo St., SLO, beginning March 5th.

5 March	Chapter 1	What is Capitalism?
12 March	Chapter 2	What is Human Flourishing?
19 March	Chapter 3	Is Capitalism Contrary to the Bible?
26 March	Chapter 7	Who Benefits in Capitalism?
2 April	Chapter 9	Capitalism and Consumerism: "Delighting in both Creation and the Responsibilities of Affluence"

Led by Eric Fisher, Professor of Economics at Cal Poly. All are welcome. Snacks provided!

Hollister Institute: Sacred Light presented by Michael Lucas

Sacred Light: Gothic Light on Saturday March 7 at 3:00pm 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 on Saturday March 14 at 3:00pm 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.

Michael Lucas is Professor Emeritus in Architecture at Cal Poly, and former Associate Dean for the College of Architecture and Environmental Design. Both talks are free and open to everyone. Donations are welcome.

Altar Guild Luncheon

St. Benedict's Altar Guild will meet for a special morning of reflection, Eucharist, training and lunch on **Saturday March 14th 10:30 – 12:30**, led by Sarah Chesebro and Caro+. This will be a great time for anyone who would like to join the Guild to learn about it. If you are interested in the sacred work of preparing the church for worship and caring for our special linens, chalices and so on, please contact Sarah Chesebro, Altar Guild Director

Agape Meals Workshop March 14 12:30-3 pm St Stephen's SLO

Learn about the spiritual, practical, and liturgical components of this emerging way of gathering. This will be an interactive workshop, where you will learn while building community with others. Kelsey Davis, the diocesan Curator for Emerging Communities, is presenting this workshop throughout the Diocese. Free. Registration required. Contact Kelsey@realepiscopal.org to register.

Music of Peace and Unity March 14 at Congregation Beth David

The internationally renowned *Yuval Ron Ensemble* will present a concert of unique Middle Eastern music at Congregation Beth David, on Saturday evening, March 14, which features work from the group's newest album "Unity of the Heart." The group includes Jewish, Christian and Muslim artists who have performed peace tours around the world, imparting the ancient inter-cultural connections between Arabic, Jewish and Christian traditions. Featuring ancient as well as modern instruments, songs, stories and dance, the Ensemble offers a performance that "creates light and hope through music." Tickets for the Saturday concert are \$45, and are available from 805tix.com. Ticket price includes a pre-concert workshop at 6pm and a dessert reception at 6:45pm, and concert at 7:30pm.

Congregation Beth David is located at 10180 Los Osos Valley Rd., SLO 805-544-0760 or cbdslo.org

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 or (805)534-3622

Church Office Hours: Tues through Thurs 1:30-4:30pm ~ Parish Administrator: Stephanie Olsen

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