

# Benediction Weekly

March 15, 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.*



“God has not given us the spirit of fear, but of power, and love, and a sound mind!” *(II Timothy 1:7 KJV)*

## This Week at St. Benedict's

(at the church unless otherwise specified)

### TODAY

- 8:00 am – Contemplative Communion
- 9:20 am – Bible study
- 10:30 am – Holy Eucharist with music
- 12:30 pm – Confirmation Class

### Monday, Mar 16 RECTOR'S SABBATH

### Tuesday, Mar 17

- 9:45 am – Prayer for Morning; Centering Prayer
- 10:30 am – Lenten Pilgrimage: *Desert Mothers*
- 5:30 pm – Vespers, followed by potluck
- ~~7:15 pm – Open Conversation~~ **cancelled**

### Wednesday, Mar 18

- 3:15 pm – EarthCare Meeting
- 4:15 pm – EFM class
- 7:00 pm – Choir Rehearsal

### Saturday, Mar 21

- 9:30 am – Lenten Quiet Morning

### Sunday, Mar 22

- 8:00 am – Contemplative Communion
- 9:20 am – Bible study
- 9:30 am – Messy Church family worship
- 10:30 am – Holy Eucharist with music
- 12:30 pm – Confirmation Class

## "Let no-one walk alone" Network

In order for us to stay close in a time of "social distancing" we will be putting together a care network. We will create networks of about eight households for mutual support. As a community we can offer support through prayer and through practical assistance (groceries, meals, laundry...) We hope that you will pray for the others in your care network and reach out to one another. We want to know that we are all ok and to know who needs support or help. Each network will have a "shepherd" who will contact you and will keep Caro+ aware of anything that is happening for you and your family. You can still contact Caro+ or one of the other clergy, or the church office directly, but we hope that this will help to prevent anyone falling between the cracks. The groups will be put together this week, and the shepherds should contact you by next Sunday.

## Lenten Quiet Morning

this Saturday, 9:30 - 12noon

Consider joining Caro+ for a quiet morning of meditation, poetry and reflection. This is an opportunity to let the challenges of life go for a couple of hours to turn our attention to our souls which also need nurture and nourishment. The reflections will be based on some of the material from *The Sanctuary of Women* by Jan Richardson and are just as applicable to men as to women.

## *Lenten Pilgrimage continues this Tuesday -*

We invite you to join us on a pilgrimage of reflection, based on the work "In the Sanctuary of Women" by Jan Richardson. This week the focus is on the **Desert Mothers** - female Christian ascetics living in the desert of Egypt, Israel, and Syria in the 4th and 5th centuries. The day begins with a short Prayer for the Morning at 9:45 then, 20 minutes of Centering Prayer/silence, followed by the class at 10:30. The class is led by the Rev. Carol Brubaker Walton and the Rev. Caro Hall.

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

Celebrant: The Rev. Susan Plucker; Eucharistic Minister: Lorraine Schwenk; Chalice Bearer: John Horsley;  
Lector: Ann Edwards; Ushers: Lisa Gonzalez & Connie Weldon; Altar Guild: Lisa Gonzalez & Lorraine Schwenk;  
Greeters: Stef Shuman, *pre* & Lorraine Schwenk, *post*; Flowers: Laura Thompson & Barbara Schippers;  
Coffee Hour Hosts: Barbara Schippers & Maureen Titus; Prayer Team Intercessor: Helen Schnieders;  
Children's Bible Time: Dianne Long; Tellers: Alice Welchert & Judy Schloss; Music: Lacey McNamara

**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 3:15 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*,  
Lorienne Schwenk, *Clerk*  
Deb Garza, Diana Hammerlund,  
Steve Hirahara, Esta Kandarian,  
Alan Kiste, and Michael Lucas

## **A Message from the Rector: Coronavirus Precautions** - revised 3-15-20

Dear Friends:

This is an unsettling time in so many ways as we see markets sliding and travel restrictions in place. You may have heard that in some parts of the country, in-person church services are being suspended for two weeks. There are as yet no confirmed cases of the novel coronavirus in this county and so we need not take such drastic measures. This is a reminder of the steps we are taking, with a few changes:

1. Many of us have sniffles or coughs due to allergies or chronic non-infectious conditions. If this applies to you, please remember to use a tissue or to cough/sneeze into your sleeve.
2. If you think you might be ill, please stay home even if you are meant to be leading the service or other activity. We will manage. In this situation please text Caro 805-704-5826. Also if you have traveled in an area where the virus is rampant or if you think you might be infectious, please *stay home*.
3. If you have any concerns about your immune system please also feel free to stay home. Our live stream should be available here: <http://www.stbenslososos.org/facebook-including-live-stream/>. If something goes wrong with that or the transmission is poor, we will post the audio file of the 10:30 service on the same webpage by 4pm on Sunday.
4. You may want to consider joining us for the Saturday evening service as it is a smaller service.
5. **The Bishop has asked that we do not intinct (that is, dip our wafers) during this time and has suggested that we should refrain from the common cup. After some discussion, the Rector and the Wardens have agreed that from now until Easter we will not share the cup but that the celebrant will drink the wine as a representative of all of us. This was for many years the common practice of the church. Everyone except the celebrant will take communion "in one kind" – just the wafer.**
6. For now, we will continue to offer refreshments after the Saturday Eucharist, the 10:30 Sunday Service and after Vespers on Tuesdays but let us all practice the discipline of only picking up food with utensils or a napkin and stepping back from the table as soon as we are served. **To facilitate the flow of people away from the refreshment table, we will open the chapel wall on Sunday mornings so you can get your refreshments and move out the farther door. You are welcome to eat on the veranda, in the church, or in the corner meeting room.**
7. I know it's weird to pass the peace without touching but we did great last week and let's continue this practice. Some congregations are suspending the passing of the peace. I do not want to do that.
8. The altar guild will be extra vigilant in the cleanliness of all vessels, and the doorknobs and pew tops will be wiped between services. You can help by washing your hands before and after services. Also, if you have hand sanitizer, rubbing alcohol or hydrogen peroxide that you can spare, please leave it in the sacristy.
9. In this time of "social distancing" let us be especially aware of staying close by praying for one another and talking on the phone. If you having a difficult time please let us know. You can email or call Caro+ 805-704-5826 or one of the other clergy or a Parish Council member and we will do whatever we can to help.
10. In tandem with Bishop Lucinda, the clergy of the diocese are monitoring this situation closely and I will let you know as and when it seems that new precautions are advisable.

with love, Caro+

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**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)**