

The Benediction

St. Benedict's Episcopal Church, Los Osos, California

The Rev. Dr. Caroline Hall

Rector

The Rev. Barry Turner

Associate Priest

The Rev. Susan Plucker

Associate Priest

The Parish Council

Stef Shuman, Sr. *Warden*

Jane Wu, Jr. *Warden*

Lisa Gonzalez, *Treasurer*

Esta Kandarian

Alan Kiste

Ben Nucum

Barbara Schippers

Helen Schnieders

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Sunday Services

8:00 am - Eucharist, live at church and available on Zoom (link may be found in the Benediction Weekly under the News tab on our website.)

10:30 am - Eucharist, live at church and live-streamed on Facebook:

www.facebook.com/stbenslososos/

or on our website:

<http://www.stbenslososos.org/facebook-including-live-stream/>

Service leaflets are available each week under the Worship tab on our website

Church: 2220 Snowy Egret Lane
Los Osos, CA 93402

Dear Friends,

Caro+ is on sabbatical. In place of her usual letter we wish to draw attention to an important upcoming event...

Once every year, during the four Sundays of September that precede St. Francis of Assisi Day (4 October) we join with churches around the world in celebrating a Season of Creation. This is an opportunity to bring the celebration of Earth fully into the orbit of Christian worship as a natural and integral part of the church year. Dedicated to God as Creator and Sustainer of all life, we rejoice in the good gift of creation and reflect on how we care for it.



SEASON OF CREATION

St. Benedict's will be celebrating the Season of Creation each Sunday with special themed liturgies and readings from "A Time for Creation" from the Church of England, which address the climate and environmental emergency directly within the context of an understanding of Creation as a gift. Over the four weeks of the Season of Creation the readings reflect on the wonder and abundance of creation, the damage that is wreaked upon it and the desire and hope for healing.

The themes are:

- September 5 – Wonder
- September 12 – Abundance
- September 19 – Desolation
- September 26 – Restoration

Then in October, we will honor St. Francis of Assisi:

- October 3 – St. Francis Day Observed

St. Benedict's facilitated discussion sessions on "**Beginner's Guide to Creation Care and the Climate Crisis**" (Sept 9-Oct 7) further expands on what individuals and communities can do to help alleviate environmental crisis and practice good stewardship of creation. Register online at our website.

(More information on page 2.)

Beginner's Guide to Creation Care and the Climate Crisis

Don Maruska

The Earthcare Team of St. Benedict's encourages your participation in lively sessions of the "Beginner's Guide to Creation Care and the Climate Crisis." The sessions will include short Bible studies, video clips, and discussion.

Invite your friends! The series is open to all persons of faith. We need to inform and engage more people in order to promote climate health for ourselves and generations to come. Don't miss this chance to make a difference.

This program culminates over a year of effort in preparing useful information in engaging ways. The goal is to help you move from despair to hope and practical actions you can enjoy. "We've focused on distilling lots of information into easily digestible segments," commented member Don Maruska. "Come check out what we've cooked up and find out what you can do."

Be sure to mark your calendars. The sessions will be 6:30-8:00 p.m., Thursdays, September 9, 16, 23, 30, and October 7, via Zoom. Important—register in advance at <https://www.stbenslososos.org/events/facilitated-sessions-creation-care-the-climate-crisis/>

- September 9: What Is Climate Change and What Are Its Consequences?
- September 16: What Is Our Christian Vocation in Creation?
- September 23: What's a Christian to Do about Climate Change?
- September 30: What Can We Do as a Congregation?
- October 7: How Are We Called to Be Public Advocates for Climate Health?

We are also inviting participation across the Deanery, Diocese, and beyond in these timely discussions.

HIGHLIGHTS OF THE AUG 15 PARISH COUNCIL MEETING

FINANCES: Lisa reports that we are in good financial shape at this point, due to the ongoing support of our parishioners and special generous contributions received to finish the sprinkler system and fund other projects. The Parish Council approved the adoption of a bill-pay system with our bank that allows Lisa to instruct them when to issue payment to certain specific payees who have regular recurring bills.

SPRINKLER: Jane reports that after a final test of the fire sprinkler alarm system on Aug 18, a sign-off by Cal-Fire, and the final bill being paid, we will have Finally Completed the long-anticipated sprinkler project! Thanks be to God! (and all who worked so diligently through the years to make it happen - especially Jane.)

LANDSCAPING: Jane presented a breakdown of donations to and expected costs of planting and irrigating trees. The Landscape Committee is asked to develop a comprehensive plan for planting and funding the project.

ABUNDANCE SHOP: Esta reports that business is doing very well and we are making sizable contributions to St. Benedicts. Although new people have stepped up to work, we still need more volunteers, especially from among our members. Various repairs and maintenance of the facility will need to be borne by the Abundance Shop, from its resources.



Planning Ahead

Stef Shuman (for the Stewardship Team)

Did you know that as Episcopalians we are supposed to write a will?

“The minister of the congregation is directed to instruct the people, from time to time, about the duty of Christian parents to make prudent provision for the well-being of their families, and of all persons to make wills, while they are in health, arranging for the disposal of their temporal goods, not neglecting, if they are able, to leave bequests for religious and charitable uses.”

—*The Book of Common Prayer, Page 445*

We really care about some things. We care so much that we would like them to continue and to develop and to thrive even after we are gone. We want to make sure that they are around for the future. Won't you consider naming St. Benedict's in your will or other planned gift?

Part of the reason that congregations like St. Benedict's exist today is because of those who in past gave of their time, talent, and treasure so that churches could be built, clergy could be hired, and the ministries of their congregation could be sustained.

Planned gifts – gifts made through bequests, life income gifts and appreciated property - are an opportunity to express our faith and belief in the future of those things that share and will promote those values we hold most dear.

If you are interested in receiving a workbook on estate planning prepared by the Episcopal Church Foundation, you may find it online at www.EpiscopalFoundation.org (or you could just ask me to send you a pdf of the book.)

We are stewards of the gifts God has given us, including the gift of generosity itself. The sustaining of St. Benedict's mission and ministry reflects God's generosity to us, and our gratitude for God's gifts.

All Saints' Day Observation – November 7

This year we will be observing All Saints' Day on Sunday, November 7th. At that time there will be a memorial slide show presentation during the service, which will display photos of loved ones departed and especially those we've lost during the last year. If you would like to submit photos for this display, please send them to Jay in the church office at office@stbenslososos.org

Also during that service there will be a reading of the names of the departed during prayers for the dead, the Necrology. Submit names for that to stefshuman@sbcglobal.net



Memorial Service for June Wright

There will be a memorial service for our long-time parishioner June Wright at the church on October 9th. Time and details to be announced.



The Saint Benedict's Episcopal Church Endowment Fund

Steve Cake, St. Benedict's Stewardship Committee

Our endowment fund is intended to provide a permanent source of income for the church through contributions, including appreciated stock, legacies, bequests, and inheritances. It is managed by the Episcopal Church Foundation, and overseen by St. Ben's Finance Committee.

The mechanics of the transactions are that any non-cash gift is immediately sold and all proceeds invested in the Foundation's Investment Account. None of the principal (amount donated) will be touched, but the earnings are available to St. Ben's at any time. As our Endowment Fund grows, St. Ben's will have more earnings banked with the Foundation for use as a "rainy day" fund.

All gifts to the Endowment Fund help insure the ongoing programs of St. Benedict's and the stability of the church's financial status. Please consider making the Endowment Fund one of your regular contributions.

Martha Korienek is new Canon to the Ordinary

Welcome to The Rev. Canon Martha Korienek, the new Canon to the Ordinary for the Episcopal Diocese of El Camino Real.

Canon Martha will support Bishop Lucinda Ashby in the areas of transition ministry and leadership development; her duties will include guiding clergy and parish transitions, arranging and coordinating clergy education and retreats, adapting diocesan structures for the future, and more. She will also preside and preach regularly at parishes throughout the diocese and work to connect congregations.

Originally from suburban Chicago, Canon Martha has spent most of her adult life in California, serving communities in Orange County and the Bay Area. She graduated from Yale Divinity School with her M.Div. in 2006, and later returned to school and graduated from Virginia Theological Seminary in 2018, with an M.A. in Christian Formation. She is passionate about pastoral care, church vitality, and lifelong Christian formation.

"I am honored to serve as your Canon to the Ordinary, and excited for the opportunity to know the people of El Camino Real," said Canon Martha, "and share in the building of the Beloved Community." She can be reached by email at canonmartha@realepiscopal.org.



Donations to 40Prado Warming Shelter

Sharon Porter

Now that St. Ben's has welcomed people to attend church services indoors, your non-perishables donations for San Luis Obispo's 40Prado Warming Shelter will be gladly accepted again. Please bring only new, unopened items. Check expiration dates! These can be put in a large bin behind the last pew near where the choir sits. Once a month, I'll collect them and deliver them to the Shelter.

Suggested products are:

Coffee, tea, creamer & sugar

Instant oatmeal cereal

Juice box drinks

Breakfast cereal

Dried fruit

Breakfast and energy bars

Peanut Butter and Jelly

Travel size shampoo, conditioner, body soap or shower gel

Deodorant and Disposal razor blades

Feminine hygiene products



David Alm, Music Director

Alan Kiste

We're happy to welcome our new Music Director, David Alm to St. Ben's! Please be sure to give him a warm welcome.

David Alm has worked as an instructional assistant/piano accompanist for the Allan Hancock College Singers for fourteen years — while under the direction of Dr. Ann Lucas and now, Nichole Dechaine. He also accompanies the Righetti and Pioneer Valley High School choirs in Santa Maria. He joins Saint Benedict's after serving five years as pianist at Santa Ynez Valley Presbyterian Church.

He received his BA in piano performance/composition at UC Berkeley where he studied with pianists, Charles Fuery and Janet Guggenheim (Itzhak Perlman's longtime accompanist), and the distinguished composers, Richard Felciano and Jorge Liderman. Before completing his MFA in Music Composition in 2017 from Vermont College of Fine Arts, his composition "Autumn's Eve," a piano trio based on Irish traditional tunes, was twice performed in Manhattan, NYC. In 2018, his wind quintet, "Oceano" was included in VCFA's Ecstatic Beasts art exhibition in Montpelier, VT and, more locally, won a SLO New Times Music Award.

David is most proud of his 28 year old son, August, who is currently residing in San Francisco after serving as a Navy SeaBee. For fun, David often plays the bodhrán with local folk musicians specializing in Irish traditional music. And Ireland happens to be his most regular travel destination — 5 trips so far! ...an admitted obsession of his. He now lives in Pismo Beach with his border collie, Reilly.

David will be accompanying services and leading the choir, which is already preparing for our traditional Christmas Concert.



Tuesday Spiritual Conversations: Dream of God

Starting on September 7th, the Tuesday Spiritual Conversation group will base its conversation on the book **The Dream of God** by Verna Dozier. There are five chapters and each one will form the basis for one week's conversation, focused by Carol Brubaker-Walton.



Everyone is welcome to join in, even if you don't have time to read the book. Conversations take place on Tuesdays at 10:15 on **Zoom**. (<https://us02web.zoom.us/j/797776046?pwd=VUFZSXY3UVpNVitJaDl2VmhPS3E2UT09>)

You can meet Verna in this very short video: <https://www.youtube.com/watch?v=ogi-Ag2qP9mY>

You can read about her life here: <https://www.stmarks.net/learning/dozierlibrary/dozier-life/>

Please join us for this conversation.

Tuesday Spiritual Conversations: Lovingkindness

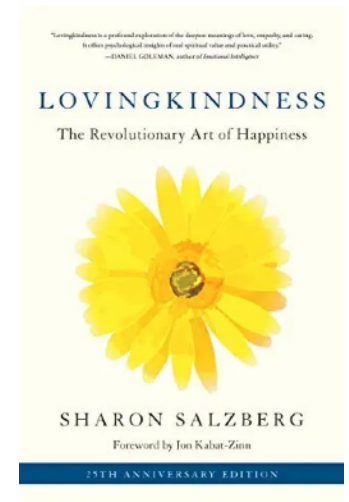
Join us for a new Spiritual Conversation starting October 12th for four weeks. This will be based on the book **Lovingkindness: The Revolutionary Art of Happiness** by Sharon Salzberg.

(Continued on the next page)

“In this inspiring book, Sharon Salzberg, one of America’s leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The author draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity.”

This conversation will be focused by Kathanne Lynch. You are welcome to participate even if you have not had a chance to read the book. Sessions take place on Tuesdays at 10:15am on Zoom.

(<https://us02web.zoom.us/j/7977776046?pwd=VUFZSXY3UVpNVitJaDl2VmhpP-S3EzUT09>)



People's Pages

It's been a year since we invited people to submit a paragraph or so to our Newsletter about how they've been doing during the pandemic, while we were mostly apart. We invited everyone to do that again, and check in with each other for the September/October issue.

Ginny Conrow: As a healthcare worker, the pandemic changed everything. All the protocols, the patients' anxiety, not having all the answers, Telehealth and Zoom...so, so much changed, I also have had my dear 91 y/o mother who is independent, but needy, to look after.

Now, as things are returning to semi-normal, or maybe not, the workload at my job seems more taxing than previously. It could have something to do with the fact that I'm 70, though! And we still don't have the solid answers to the myriad questions from our patients, which is disheartening on both sides.

Personally, I have deepened my relationships with friends and family, treasuring time together as a gift. I feel we can no longer take for granted our freedoms as a nation after the frightening four year reign of an unpredictable leader. I am grateful for the peacemakers, for people who speak up for those who can't and for people, quietly making a difference in their own small sphere of influence. Have I been stressed and let it show, or been fearful and anxious at times? Yes, a resounding yes! (Ha, I'm back in therapy!) I do know, I know, God's mercies are new every morning and great is His faithfulness!

Judith Cadigan (with input from Kevin): Kevin and I nerved ourselves to get on a plane at the end of June, for the first time in over a year; accompanied by our daughter, grandson, dog and cat, we arrived back at our house in Los Osos with delight. It's wonderful to be here, not least because we have escaped the worst of the heat and humidity in North Carolina, where it's routinely been over 90 degrees for what seems like forever. I'm back to being an occasional cashier at the Abundance Shop, and was much amused when a customer came in complaining of the heat the other day: it was over 70!

Last year we were stuck in North Carolina, of course. Our retirement community, Carol Woods in Chapel Hill, went to enormous lengths to protect all the residents from the plague, closing down the dining room, library, gift shop, assembly hall, gym, etc. and forbidding visitors, so apart from one staff member who tested positive very early on, nobody caught it. We were lucky in having each other to talk to, and also in being able to have our daughter and her family come over fairly regularly and meet with us on our outdoor patio, carefully social-distancing - no hugs, of course! Dinners were delivered every evening, and we shopped on-line and picked up groceries in the Harris-Teeter parking lot. Carol Woods was able to arrange with the local CVS to get us all vaccinated very early on, starting in January; apparently all the residents took the opportunity, and 80% of the staff which we are told is an extremely high percentage.

We plan to stay at least till the end of October, all being well, and are delighted to be back worshipping in person at St. Ben's. I attended via the Facebook program, though of course that meant the service was at 1:30 p.m. instead of in the morning; but it was good to see familiar faces. I'm also delighted to learn that people haven't forgotten the pickles and lemon curd I used to make, so once again the Rector's Discretionary Fund is benefiting from my work.

Michael and Ann Lucas: Ann and I have returned from August in Croatia safely, despite flying into NYC during Henri. We had a magnificent time exploring my great grandparents' now abandoned village of Lesci in the remote deep ravine of the Kupa River on the border with Slovenia. The forest and river have reclaimed much of the village, but the stone foundation ruins were discernible in the green light, moss, and ferns below the forest canopy. It was meaningful to see the stones the ancestors layed and paths they walked as they operated the water-driven mill for regional farmers. People still manage a jeep ride nearby to launch rafts and kayaks across the gentle rapids amidst the quiet of the forest.

We saw many amazing sites, worshiped with our Catholic brothers and sisters at several Croatian Masses [one of which was a church so crowded there were 30+ people outside on a terrace singing and praying]. One of the most beautiful and moving spaces was a chapel in Split converted from a sentry balcony at former Roman Emperor Diocletion's Palace Gate in the 5th century- the Chapel of St. Martin. Cared for today by Dominican Sisters, it is about 7 feet wide, 20 feet tall, and 40 feet long. The warm light on stone walls, amazing placement of windows, the compact altar area made for an intimate place of respite for the soul in the bustling historic core of Split.

Please pray for us as we continue our journey September to late December in residence at the University of Prešov in Slovakia. We look forward to the seasons changing from an Autumn similar to ours to a very dark and cold Winter and the 'Greek Catholic' Christmastide, as I study wooden churches in the region that date from the 1700's still in use today.



Pamela Bleisch, Tim, Reva, and Akshay Strawn: Pamela teaches at SLO Classical Academy, which met in person, masked and distanced, for the most challenging, fascinating, and exhausting spring semester ever. The fall semester begins at the end of August; Pamela will teach three levels of Latin along with a new elective: Weaving.

Tim has been very busy working from home. He has taken on new responsibilities at Cal Poly's Kennedy Library, managing an additional team.

This spring Akshay adopted a new dog-- a husky, named Balto. Huskies have a lot of bounce per ounce! This summer, Balto attended Doggy Charm School at Woods. Balto responded very well to training and is now a welcome addition to the family-- although Lady, our Boykin Spaniel, is often shocked at his lack of protocol.

On July 4th, Akshay broke his hand-- he tripped and fell while running the dogs. The orthopedist inserted pins to straighten the bone, and he's healing well. By mid-September, he should be a southpaw again, when he hopes to rejoin the workforce.

Reva was home for the summer, and we enjoyed a long visit with her. We took many trips to Port San Luis, Reva's laughing spot. She cooked spicy dishes for us, and every night was girls' movie night. Reva returned to Pune, India, where she is working towards a degree in International Public Health through Arizona State University, online. In December she returns to the U.S.-- then will see where life takes her next.



Steve Cake: It has been a tough year for all of us, in the church and in the world. The Cake household is devastated to have lost Karin on February 24th, 2021, to COPD. Steve is coping by staying active in the groups which sustained him before the pandemic, and trying (fairly well) to maintain a positive outlook. The support of church members and family has been crucial to "keeping on keeping on"; my thanks to each of you for your condolences, greetings, and invitations.

I am off to the ancestral summer cabin in NW Connecticut in mid-August and will return in mid-September. I am hoping that a change of scene and the opportunity to visit friends, some of whom I have known for 70+ years, will help heal the still-raw edges of my loss. My parents built the cabin in 1947, so it has quite a lot of history. If I can avoid the ticks and the mosquitos, I should have a very pleasant trip, and if not, it will still be good to be back in the summer home of my childhood.

I am praying for you all, and especially for the recovery of the Hayeses, and a Connecticut friend, Anna Lee Browder. With love and appreciation,

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