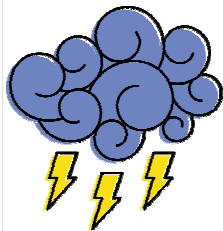


Benediction Weekly

September 22, 2019

The people of St. Benedict's are called to share God's love as we minister with and to all persons in Los Osos and beyond, providing worship, education, nurture, fellowship and service.



TODAY IS STORM SUNDAY

Throughout September St. Benedict's is concentrating on a different aspect of the natural world. Today we wonder at the power/passion of storms and fierce expressions of the elements. In the readings we learn that God discovers the Wisdom imbedded in creation especially in the wind, the rain and the lightning. Jesus Christ, surrounded by many fierce forces at the last supper and on the cross, knows the way of the storm and is present also in the stillness. With deep gratitude, we rejoice in the assurance of God's goodness and love amid all the storms in nature and in life.

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY STORM SUNDAY

- 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 – St. Luke's Atascadero

Monday, Sep 23 RECTOR'S SABBATH

Tuesday, Sep 24

- 5:30 pm – Vespers, followed by potluck

Wednesday, Sep 25

- 5:00 pm – Laundry Love
- 7:00 pm – Choir Rehearsal

Saturday, Sep 28

- 9:00 am – Baywood Hunger Walk

Sunday, Sep 29 COSMOS SUNDAY

- 8:00 am – Contemplative Communion Service
- 9:20 am – Bible study
- 10:30 am – Children's Chapel
- 10:30 am – Holy Eucharist with Confirmation
- 3:30 pm – End of Summer Bash & BBQ

SLO Climate Strike

Friday, September 27th

California is seeing the impact of Climate Change right now, with longer and more extreme wildfire and drought seasons and record high temperatures. The Climate Crisis poses a significant threat to our food systems, public health, clean water, and clean air. Scientists tell us that we have 10 years to halt the climate crisis. They claim that failing to do so will cause irreversible environmental damage and feedback loops out of human control. That's why on September 27th from 5-7pm we're coming together at the SLO Courthouse (1050 Monterey St.) to rise for our climate and a livable future. We're going to rally, hear some inspirational speakers, and then do a sidewalk march. All are needed, all are welcome. Join us to celebrate everything that's left to be preserved, celebrate that technology has caught up to the challenge, celebrate the existing climate solutions and more importantly, celebrate our oh-so-close green future.

www.actionnetwork.org



Rev. Caro will be away this week. - In her absence, contact the wardens Pamela Bleisch or Michael Lucas for church business, parish administrator Laura DeLoye for administrative or scheduling issues, Celeste Pennington for pastoral care needs, or any of the clergy for spiritual counsel.



Sign up for People's Kitchen - People are needed to serve or to provide food for the clients at 40 Prado in SLO at noon on October 5th. Please see our sign up sheets in the great room.



Quiet Time at the Hermitage - I am interested in going to the New Camaldoli Hermitage in Big Sur with anybody else who would like to join me. I plan to go there Tuesday morning the 24th. We can hang out in the bookstore, spend some time in silence in the sanctuary, and have a picnic on the grounds or by the ocean. Folks can call me at 805-200-7908. - Lorraine Schwenk

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Carol Brubaker Walton;
Chalice Bearer: Michael Lucas; Lectors: Ann Edwards & Judith Cadigan;
Ushers: Maureen Titus & Jerry Walton; Greeters: Ann Lucas, *pre* & Carol Brubaker Walton, *post*;
Altar Guild: Stef Shuman & Diana Hammerlund; Coffee Hour Hosts: Connie Weldon & Karin Cake;
Tellers: Steve Cake & Judy Schloss Prayer Team Member: Louisa Beeler;
Cantor: Anne Kanter; Music Director: John Cribb **Thank you for your service!**



**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.

HOLLISTER INSTITUTE – Varying programs of stimulating discussion and thoughtful exploration for everyone. See website.

INTERCESSORY PRAYER CIRCLE Prayers for the community and the world. 1st & 3rd Wednesdays, 10am.

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.

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*
Pamela Bleisch Strawn, *Sr. Warden*,
Michael Lucas, *Jr. Warden*,
Lisa Gonzalez, *Treasurer*,
Diana Hammerlund, Alan Kiste,
Lorienne Schwenk, Deb Garza,
Susan Miller, Steve Hirahara, Jane Wu



Body Prayer, pt 3 Why do we stand up to face the Gospel book?

During the Eucharist service there is a procession into the center of the congregation with a deacon or priest carrying a book with a red and gold cover. Inside the book are passages from the four Gospels. The procession signifies that the Gospel is at the center of our life as a faith community, and also signifies that we are to carry the Gospel out into the community. On some Sundays, the Gospel Procession is led by torch bearers with candles. The two lights are both a token of joy and a symbol of Christ, the light of the world.

Wherever we are seated in the church, it is appropriate for us to stand up as we are able, and turn to face the Gospel book as a sign of reverence and respect. This is also an echo of the Jewish practice of carrying the Torah – the first five books of the Bible – into the congregation as a sign of veneration.

Here at St. Benedict's, the Gospel book is located on the Credence Table at the south side of the room. So if you are seated in the pews on the south side, you should turn around to face the Gospel book when the priest or deacon goes by as the procession begins, and keep facing it as it is brought forward. Those on the north side just face the procession from across the room.

It is one of several parts of the liturgy in which we are invited and encouraged to 'embody' our worship – to move and shift and use our physical being in engaging the spirit in more than just words.

Adapted from an article from The Church of the Incarnation, Santa Rosa CA

Laundry Love Wednesday September 25, 5pm – 9pm

Once a month St. Benedict's helps low-income and no-income families with funds, soap, and friendly assistance at the Osos Clean Laundry at the Valley Liquor Store complex between 9th and 10th Streets. Please consider stopping by to help out on the night, or you may make a contribution to cover expenses in our offertory.

Hunger Walk Saturday, September 28, 9am – 11am

Trinity United Methodist Church is holding a sponsored Hunger Walk. This will be a pleasant walk around Baywood Park, starting at Crizer Construction at 9am. Team members can donate the money they raise to provide food for local families served by Trinity's food program, People Helping People, or Los Osos Cares. Envelopes to collect donations and a signup list is available near the ushers table.

End of Summer Bash Sunday, September 29, 3:30pm – 6:00pm

Jenna and the Funky Fellas, a high energy band of MBHS students, will provide the music at this free concert/dance at St. Benedict's. Tri-tip BBQ for \$15 eat-in or take-out or Veggie option available. No-host bar.

St. Benedict's Episcopal Church – 2220 Snowy Egret Lane – PO Box 6877, Los Osos, CA 93412

Keeping in Touch during the Week – Contact any of the clergy for counsel & spiritual care:

The Rev. Dr. Caroline Hall (805)704-5826; The Rev. Barry Turner (805)784-0670; The Rev. Susan Plucker (530)263-8540

Call Celeste Pennington with pastoral care & prayer requests: (805)771-8974

Church Office Hours Tuesday through Thursday 9:30am to 12:30pm ~ Parish Administrator Laura DeLoye:

office@stbenslososos.org Telephone: (805)528-0654 www.stbenslososos.org