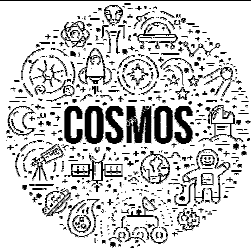


Benediction Weekly

September 29, 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 COSMOS SUNDAY

Throughout September St. Benedict's is concentrating on a different aspect of the natural world. Today we celebrate the Cosmos, comprising every dimension of time and space, spiritual and material. It refers to glittering galaxies of distant realms and unknown domains deep within each minute molecule. Yet it is also the spiritual impulse or divine presence that permeates the entire universe and is connected with each of us. With deep gratitude we acknowledge that the cosmos, in all its immensity and wonder, is also a spiritual universe filled with God's presence and love.

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY 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

Monday, Sep 30 RECTOR'S SABBATH

Tuesday, Oct 1

- 2:00 pm – Intercessory Prayer Circle
- 5:30 pm – Vespers, followed by potluck

Wednesday, Oct 2

- 4:15 pm – Education for Ministry
- 7:00 pm – Choir Rehearsal

Saturday, Oct 5

- 9:30 am – Landscapes of Grace – 1st Sat. series
- 12:00 pm – People's Kitchen at Prado

Sunday, Oct 6 ST FRANCIS DAY OBSERVED

- NO 8 am Service
- 9:20 am – Bible study
- 10:30 am – Messy Church Family Worship
- 10:30 am – Holy Eucharist followed by potluck
- 3:00 pm – Blessing of Animals – SBCC lawn
- 4:00 pm – Blessing of Animals – LOMS field

Landscapes of Grace

October 5, 9:30am -12:30pm

In our First Saturday Series for October, the Rev. Susan Plucker, will present an introduction and brief overview to the work of Alexander Shaia, author of *The Hidden Power of the Gospels; Four Questions, Four Paths, One Journey*. Dr. Shaia's approach to the gospels as four spiritual movements within our spiritual journeys can help us to read, study, pray and incorporate into our lives the awesome gifts of the scriptural foundation of our faith.

Los Osos Cares Presents

FREE SENIOR HEALTH FAIR

Saturday, October 5, 10am-2pm at SBCC

Health information, Demonstrations, Health related exhibits, Fun activities, Door Prizes, Food Tasting Booth

More info at 805-592-2701 or wecareinlososos@gmail.com

NEXT SUNDAY: In celebration of St. Francis' Day, we will be blessing dogs, cats, and other well-controlled animals at the lawn in front of the South Bay Community Center at 3pm, and at Los Osos Middle School field at 4pm.



End of Summer Bash: Join us today for a free concert from 3:30- 5:30pm. Jenna and the Funky Fellas, a high energy high school band from Morro Bay, will provide the music. Tri-tip barbecue (with a vegetarian option) and a no-host bar will be available. You don't want to miss this opportunity to dance and party!

Please consider making a contribution to the Bishop's Discretionary Fund today. You may use the offering envelopes inserted in today's bulletin for cash or checks. Checks should be made out to "St. Benedict's" and we will forward the total amount collected. Thank you.

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

Celebrant: The Rt. Rev. Mary Gray-Reeves; Rector: The Rev. Dr. Caroline Hall; Deacons: The Rev. Susan Arnold & The Rev. Jim Arnold; Eucharistic Ministers: Stef Shuman & Lorienne Schwenk;
Lectors: Bryson McKelvey & Brian Spolarich; Ushers: Esta Kandarian & Steve Hirahara;
Greeters: Diana Hammerlund, *pre* & Stef Shuman, *post*; Altar Guild: Lisa Gonzalez & Elaine Beckham;
Coffee Hour Hosts: Barbara Schippers, Anne Kanter, and Maureen Titus;
Tellers: Alice Welchert & Diana Hammerlund; Cantor: Alan Kiste; 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, 2pm.

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

Office Administrator

Alas, Laura DeLoye has found a wonderful full-time position and so will be moving on after nine months as our administrator.

If you know anyone who would be good in this job please let them know about the opportunity. Best practices suggest that it should NOT be a member of our congregation. Here's the ad that went on Craigslist:

A small, active church needs someone to assist the minister. This position is 3 mornings per week Tues-Thurs, for 3 hours each day. The successful candidate will be able to work with a variety of people by phone and email as well as in-person, and will be comfortable working alone. Typical activities include publicity for workshops and special events, scheduling church use and maintenance, database entry and upkeep, thank you letters and church-wide mailings. Requires confidence with MS Word and Excel, website skills a plus. Preference will be given to a person of faith. Please call us for complete job description. To apply please email resume with a cover letter.

OCTOBER 2019 HIGHLIGHTS AT ST. BENEDICT'S

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	25
27	28	29	30	31		

Sundays:

Contemplative Communion 8a (except 1st Sun)
Bible study 920a
Holy Eucharist with Music 1030a

Weekly Events:

Mondays: Rector's Sabbath
Tuesdays: Vespers 530p + Potluck 615p
Wednesdays: EFM 415p, Choir Rehearsal 7p

Children's Programs

Children's Chapel during Sunday 1030 service, alternates with Messy Church at 930

- 1 - Intercessory Prayer Circle, 2p
- 5 - First Saturday Program: Landscape of Grace, 930a
- 5 - People's Kitchen at 40 Prado, 12p
- 6 - Eucharist Service 1030a, followed by Potluck Lunch 12p
- 6 - Blessing of Animals, 3p at SBCC, and 4p at LOMS field
- 11 - Bishop Mary's Farewell Dinner, SLO Masonic Lodge, 6p
- 12 - Men's Breakfast at Budget Café, SLO, 9a
- 12 - Saturday Evening Eucharist, 530p
- 15 - Intercessory Prayer Circle, 2p
- 15 - Open Conversations: Baptism & Homeless Outreach, 715p
- 16 - EarthCare Meeting, 230p
- 18 - Parish Gratitude Dinner, 615p
- 20 - Emily Young's 90th birthday party, following 1030 service
- 20 - Parish Council Mtg, 1230p
- 24 - Healing Ministry Meeting, 3p
- 24 - Deacon Jim Arnold's institution, in Templeton, time t.b.a.
- 25 - EarthCare Retreat, 10a-3p
- 30 - Laundry Love at Osos Clean Laundry, 5p

OCTOBER Birthdays 🎂 and Anniversaries 🕊

1 Oct - Gio Sorritelli 🎂

9 Oct - Joan + Bill Hayes 🕊

10 Oct - Rob Ross 🎂

11 Oct - Laura Thompson 🎂

18 Oct - Shelley Watanabe 🎂

18 Oct - Helen Schnieders 🎂

21 Oct - Stef Shuman 🎂

23 Oct - Emily Young 🎂

29 Oct - Bill Hayes 🎂

31 Oct - Jo Oliver 🎂

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