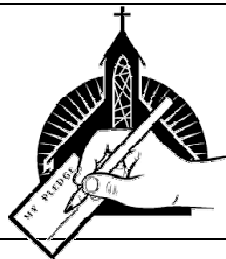


Benediction Weekly

November 10, 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 Pledge Ingathering Sunday when we turn in our financial pledges for 2020. Cards were mailed to your home this week, and are also available today at church. If you cannot turn it in today, please mail in your card or return it as soon as possible.

Thank you!

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY INGATHERING 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
- 3:00 pm – Central Coast Readers' Theatre:
"Poe Unplugged"

Monday, Nov 11 RECTOR'S SABBATH

Tuesday, Nov 12

5:30 pm – Vespers, followed by potluck

Wednesday, Nov 13

7:00 pm – Choir Rehearsal

Sunday, Nov 17

- 8:00 am – Contemplative Communion Service
- 9:20 am – Bible study
- 10:30 am – Holy Eucharist with music
- 12:00 pm – Sustain Island Home demonstration
- 12:30 pm – Parish Council Meeting

Readers' Theatre Today:

Poe Unplugged

Please join the Central Coast Readers' Theatre today at 3 pm for an afternoon of poetic unease as the players perform "**Poe Unplugged: A Post Halloween Visit to the Dark Side.**" Directed by Dr. Jonniepat Mobley, the readers will present the musings and rants of the important American poet Edgar Allen Poe, who was one of the first writers of the Romantic era. Suggested donation \$10.

Open Conversation:

Prayer & Prayer Ministries

Our Open Conversation series presents an opportunity for newer and older members to reflect together on aspects of our spiritual and communal life.

On Tuesday, November 19 at 7:15pm, we will have a conversation about prayer and the common prayer life of St. Benedict's, led by Caro+. These informal evenings are a time to ask questions and raise concerns. It follows our regular Tuesday vespers at 5:30, and potluck supper at 6:15. Join us!

EarthCare Presents:

Sustain Island Home website demonstration

The Diocese of California has pioneered the use of a Carbon Tracker tool named, SustainIslandHome.org which will help individuals and parishes track their environmental impact, and identify and support environmentally sustainable actions and goals. *After church next Sunday*, EarthCare members will introduce SustainIslandHome.org to our congregation. Plan to sit in and see a live demonstration of the website with explanations and descriptions of how it all works. It's not difficult and it is completely voluntary how you may participate.

Giving in October – St. Ben's General Operating Fund – Thank you!

Oct Income: \$ 13,706	Oct Income Budgeted: \$ 14,156	Difference: \$ (450)	shortfall
YTD Income: \$ 149,385	YTD Income Budgeted: \$ 141,538	Difference: \$ 7,847	surplus

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

Celebrant: The Rev Susan Plucker; Eucharistic Minister: Lorianne Schwenk; Chalice Bearer: Jane Wu; Lectors: Ann Edwards & Bob Pelfrey; Ushers: Steve Hirahara & Esta Kandarian; Altar Guild: Stef Shuman; Greeters: Michael Lucas, *pre* & Lorianne Schwenk, *post*; Flowers: Sarah Chesebro; Coffee Hour Hosts: Pat Stoneman & Ann Lucas; Tellers: Alice Welchert & Dianne Long; Children's Bible Time: Connie Weldon; Intercessory Prayer Team: Judy Schloss; Piano: Ann Lucas

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 **Tuesdays**, 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.

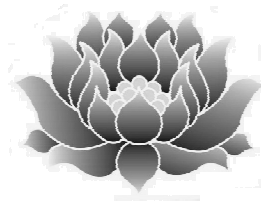
SATURDAY EUCHARIST – Evening Eucharist on 2nd Saturdays at 5:30pm, followed by potluck supper.

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

First Saturday Series:

**Meditation for Life
with Rev. Nita Kenyon
December 7, 9:30 – 11:30 am
at St. Benedict's**



No person, no place, and no thing has any power over us, for "we" are the only thinkers in our mind. When we create peace and harmony and balance in our minds, we will find it in our lives.

- Louise L. Hay

At this busy time of year, consider giving yourself a present and taking time to learn more about meditation and how it can become a regular part of your self-care.

As the Holidays approach, many of us can become overwhelmed. Stress can manifest as anger, worry, regret, along with other emotions. On-going stress affects us in the physical, emotional, and spiritual areas of our lives. However, when we incorporate meditation into our self-care routine for even a few minutes each day on a consistent basis our quality of life can be improved. We become more able to respond appropriately to the stressors of life.

Our time together will include philosophy of meditation, exploration of other spiritual self-care practices, group discussion, learning and practicing some meditation techniques, and group meditation.

Come and discover the inner joy and contentment possible when the heart opens in meditation.

The Rev. Nita Kenyon is ordained to teach Kriya Yoga and is the spiritual director of Awakening Meditation and Kriya Yoga Center in Los Osos. Nita brings her warmth and compassion to the teaching of Yoga and supports others as they awaken to their essential nature.



Advent Reading Recommendation

Advent starts on Sunday December 1, and this year I recommend that you consider using ***Joy of Heaven to Earth Come Down***, by Margaret Bullitt-Jonas, for your Advent reflections. Margaret was our speaker in September at the diocesan conference that Earthcare organized and you may have heard her speaking here at St. Benedict's. Look for this little book available at the back of the church by mid-November. We will have some opportunities to meet and talk about the book and what we are learning from it. Watch the Benediction Weekly for more details.

Caro+

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; 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

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