

# Benediction Weekly

November 17, 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.*

## Open Conversation: Prayer & Prayer Ministries



This Tuesday, November 19 at 7:15pm, we will have an open conversation about prayer and the common prayer life of St. Benedict's, led by Caro+. It follows our regular Tuesday vespers at 5:30, and potluck supper at 6:15. Join us!

### This Week at St. Benedict's

(at the church unless otherwise specified)

#### TODAY

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

**Monday, Nov 18** RECTOR'S SABBATH

#### Tuesday, Nov 19

2:00 pm – Intercessory Prayer Circle  
5:30 pm – Vespers, followed by potluck  
7:15 pm – Open Conversation: Prayer

#### Wednesday, Nov 20

2:00 pm – EarthCare meeting  
7:00 pm – Choir Rehearsal

#### Sunday, Nov 24 REIGN OF CHRIST

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



### EarthCare Presents: Sustain Island Home website demonstration

After church today, EarthCare members will introduce [SustainIslandHome.org](http://SustainIslandHome.org) to our congregation. This carbon footprint tracker tool has been pioneered by the Diocese of California and is designed to help individuals and parishes track their environmental impact, and identify and support environmentally sustainable actions and goals. Come 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

### Thanksgiving Dinner at St. Benedict's 1pm November 28

Plan to join us for our annual Thanksgiving Day Dinner. You are welcome to come and bring family and friends. Bring a dish to share if you can, but come anyway. Sign-up!

### Meditation and Self-Care with Rev. Nita Kenyon

First Saturday Series: December 7<sup>th</sup> 9:30-11:30am

As the Holidays approach, many of us can become overwhelmed. Stress can manifest as anger, worry, regret, and 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. Come and discover the inner joy and contentment possible when the heart opens in meditation. 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.

*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, a founding member of St. Ben's, brings her warmth and compassion to the teaching of Yoga and supports others as they awaken to their essential nature.*

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Minister: Alan Kiste; Chalice Bearer: Michael Lucas;  
Lector: Stef Shuman; Ushers: Brian Spolarich & Lisa Gonzalez; Altar Guild: Sarah Chesebro;  
Greeters: Steve Hirahara, *pre* & Alan Kiste, *post*; Flowers: Laura Thompson;  
Coffee Hour Hosts: Alice Welchert and Pat Henry & Suzan Vaughn;  
Children's Bible Time: Dianne Long; Tellers: Bryson McKelvey & Judy Schloss;  
Intercessory Prayer Team: Louisa Beeler; 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 1<sup>st</sup> Thursday of odd-numbered months, in conjunction with Los Osos Cares.

**EARTHCARE** – 3<sup>rd</sup> 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. 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 1st Sunday of each month donations to Prado Day Center are collected and potluck lunch follows 10:30 service.

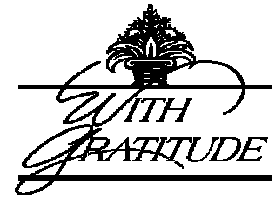
**SATURDAY EUCHARIST** – Evening Eucharist on 2nd Saturdays at 5:30pm, followed by potluck supper.

**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

## Generations of Gratitude: Weaving Our Lives Together

All ages, all people, wherever you come from: religious, spiritual, atheist, agnostic, all are invited to a community gathering to celebrate Generations of Gratitude offered by SLO Ministerial Association at 3pm on November 24th at Congregation Beth David. To support our community the offering will be donated to three non-profits: Restorative Partners, Stand Strong, and 40 Prado. Please join us in celebrating our San Luis Obispo County community. Contact Rev. Jason Sisk-Provencio for details (805)544-1373. A reception offering cookies and coffee follows the service. Bring a non-perishable item for a local Food Bank.



### Los Osos Community Thanksgiving Dinner

There will be a special Thanksgiving Day Dinner at 5pm November 28 at the SBCC. Volunteers are sought from all groups participating in the Los Osos Community Dinner program. If you are able to help, either with food or serving, please contact Andrea Brown [andrea.wwpotter@gmail.com](mailto:andrea.wwpotter@gmail.com)



*Advent starts on  
Sunday, December 1<sup>st</sup>*

### Advent Reading Recommendation:

Consider using *Joy of Heaven to Earth Come Down*, by Margaret Bullitt-Jonas, for your Advent reflections. This series of daily meditations cover the period from the First Sunday of Advent to the Day of Epiphany. Copies of the booklet are now available at the ushers' station. Suggested (but not required) donation = \$5.

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. We will have some opportunities to meet and talk about the book and what we are learning from it.

### Advent Service of Lessons and Carols

The traditional Anglican service of Nine Lessons and Carols will be held at St. Peter's by-the-Sea in Morro Bay on December 8 at 7p.m. The service will be composed of nine Biblical readings and nine related carols of the salvation history of humankind, from Adam and Eve through the traditional events of the birth of Christ. St. Peter's choir and friends will sing some of the nine carols, and the congregation will join in most of them. All are most welcome. Bring your family, friends, and neighbors!

**Please turn in your pledge card**, if you have not already done so. It is important to get an estimate of our income for 2020 so we can budget for the fullest ministry possible. Extra cards are at the ushers' station.



*Thank you!*

**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](mailto:stefshuman@sbcglobal.net)

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