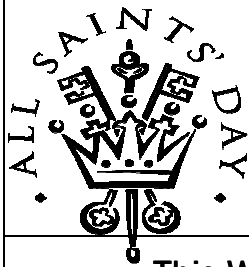


# Benediction Weekly

November 3, 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.*



**The Feast of All Saints** was set aside to remember and commend the saints of God, especially those who are not recognized at other points in the church year. It came to assume the role of general commemoration of the dead: all Christians, past and present; all saints, known and unknown. The reading of the names of the congregation's faithful departed during the service and praying on their behalf is appropriate, as the Catechism reminds us, "because we still hold them in our love, and because we trust that in God's presence those who have chosen to serve him will grow in his love, until they see him as he is" (BCP, pg 862).

## This Week at St. Benedict's

(at the church unless otherwise specified)

### **TODAY** ALL SAINTS' DAY

9:20 am – Bible study  
10:30 am – Holy Eucharist with music,  
followed by potluck lunch

### **Tuesday, Nov 5**

5:30 pm – Vespers, followed by potluck

### **Wednesday, Nov 6**

2:00 pm – Intercessory Prayer Circle  
7:00 pm – Choir Rehearsal

### **Thursday, Nov 7**

5:00 pm – Los Osos Community Dinner, SBCC

### **Saturday, Nov 9**

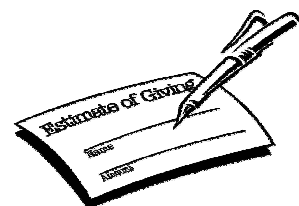
9:00 am – Men's Breakfast at Budget Café, SLO  
5:30 pm – Saturday Evening Eucharist & potluck

### **Sunday, Nov 10** 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"**

NEXT WEEK:

## **Pledge Ingathering Sunday**



The Pledge Campaign for 2020 has begun. You should receive pledge cards in the mail this week. Please consider prayerfully how you will support the work of the congregation in the coming year. It is helpful for our budgeting process to have donor commitments so that we can keep the promises we make to ourselves, our programs and to those we serve. Bring your completed pledge card to church next Sunday. Some blank cards will also be available at the ushers' table.

## **40 Prado Warming Shelter Donations**

Your donations of breakfast food, toiletries, and other items are needed and much appreciated by the guests at 40Prado. Donation boxes are located behind the last pew near the choir. Please pick up a suggested item shopping list at the ushers' tables, or see [The Benediction](#) newsletter. *Thank you!*

## **Los Osos Community Dinner**

It's our turn to host the Community Dinner this week: Thursday night at 5 p.m. at the South Bay Community Center. Please sign up to provide food and/or serve.

**The Rector's Discretionary Fund** has been depleted by recent major emergency expenditures, and has had to turn away requests for help. Please help build it back up by making a special "RDF" contribution. *Thank you!*

## **"Poe Unplugged"**

Please join the Central Coast Readers' Theatre next Sunday, November 10, 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.

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

Celebrant: The Rev Barry Turner; Eucharistic Ministers: Carol Brubaker Walton & Lisa Gonzalez;  
Lectors: Roz & Jim Malone; Ushers: Connie Weldon & Michael Lucas; Altar Guild: Pat Stoneman;  
Greeters: Dianne Long, *pre* & Carol Brubaker Walton, *post*; Flowers: Pamela Bleisch Strawn;  
Potluck Hosts: Maureen Titus & Judy Schloss; Tellers: Steve Cake & Jane Wu;  
Intercessory Prayer Team: Lisa Gonzalez; Cantor: Diana Hammerlund; 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 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. 1<sup>st</sup> & 3<sup>rd</sup> 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. 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 1<sup>st</sup> 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

## Coming Soon!

Sunday, November 17, following the service  
***Sustain Island Home demonstration***

The Diocese of California has pioneered the use of a Carbon Tracker tool named, [SustainIslandHome.org](http://SustainIslandHome.org) which will help individuals and parishes track their environmental impact, and identify and support environmentally sustainable actions and goals. After church on Sunday, November 17th, EarthCare members will introduce [SustainIslandHome.org](http://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.

Tuesday, November 19 at 7:15pm

### ***Open Conversation: Prayer and 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 November 19th 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!

Sunday, November 24 at 3:00pm — SLO Ministerial Association Presents:

### ***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 celebration Generations of Gratitude offered by SLOMA on November 24th. 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. At Congregation Beth David: 1080 LOVR, San Luis Obispo.

Thursday, November 28 at 1:00pm

### ***Thanksgiving Dinner at St. Benedict's***

Watch for sign up sheet!

Thursday, November 28 at 5:00pm

### ***Los Osos Community Thanksgiving Dinner - South Bay Community Center***

There will be a special Thanksgiving Dinner on November 28th at 5pm 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)

Saturday, December 7 at 9:30am

### ***First Saturday: Meditation and Self-Care with Rev. Nita Kenyon***

An opportunity to learn more about meditation and how it can become a regular part of your life. 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 former 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.

## ***A clarification*** regarding addressing correspondence to JW:

You should write your return address on the envelope by hand.  
(It is the use of address labels that is prohibited, as they may hide contraband.)

**J Wright BJ3303  
CRC, Building 217, 52 Low  
PO Box 3535  
Norco, CA 92860**



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 Call Stef for other stuff (805)528-4475.

Church Office: [office@stbenslosos.org](mailto:office@stbenslosos.org) Telephone: (805)528-0654 [www.stbenslosos.org](http://www.stbenslosos.org)