

# Benediction Weekly

December 1, 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.*



## Peoples' Kitchen this Saturday

Please sign up in the Great Room

### This Week at St. Benedict's

(at the church unless otherwise specified)

#### **TODAY**

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

**Monday, Dec 2** RECTOR'S SABBATH

#### **Tuesday, Dec 3**

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

#### **Wednesday, Dec 4**

4:15 pm – EFM meeting  
7:00 pm – Choir Rehearsal

#### **Saturday, Dec 7**

9:30 am – First Saturday: Meditation for Life  
12:00 pm – Peoples' Kitchen at Prado

#### **Sunday, Dec 8**

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

Advent Reading Recommendation:

#### ***Joy of Heaven to Earth Come Down,***

by Margaret Bullitt-Jonas. 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.

#### ***Laundry Love***

This month our laundry ministry will take place on Wednesday, December 18<sup>th</sup>.

#### ***Los Osos Community Christmas Dinner***

There will be a special community dinner on the day after Christmas, Thursday, December 26<sup>th</sup> 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 at: [andrea.wwpotter@gmail.com](mailto:andrea.wwpotter@gmail.com)

## *meditation* for Life 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 Ministers: Michael Lucas & Diana Hammerlund  
Lectors: Carol Brubaker Walton & Jerry Walton; Ushers: Maureen Titus & Alan Kiste;  
Altar Guild: Stef Shuman; Greeters: Brian Spolarich, *pre* & Michael Lucas, *post*;  
Flowers: Sharon Porter; Potluck Hosts: Connie Weldon, Barbara Schippers, & Anne Kanter;  
Children's Bible Time: Pamela Bleisch Strawn; Tellers: Mary Ellen Rico & Alice Welchert;  
Intercessory Prayer Team: Helen Schnieders; 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 5<sup>th</sup> 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> **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, 2<sup>nd</sup> Saturdays 9am at Budget Cafe, 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.

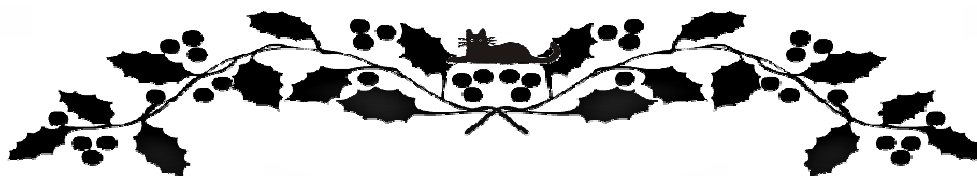
**PEOPLE'S KITCHEN** – Providing and serving lunch at 40 Prado, 1<sup>st</sup> Saturday of even-numbered months.

**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 2<sup>nd</sup> 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**  
3<sup>rd</sup> 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



## CHRISTMASTIDE AT ST. BENEDICT'S

### **St. Benedict's Annual Holiday Concert - Sunday, December 15, 3:00 pm**

The St Benedict Singers present their annual gift to the community with a concert of carols and poetry readings. The program features sacred music set to texts old and new, including works by Rutter and Gjeilo, and an arrangement of "Silent Night" by interim music director Ann Lucas. Everyone is welcome and there is no charge for admission.

### **Blue Christmas Service - Sunday, December 22, 5:30 pm**

"Blue Christmas" is a simple non-denominational service providing an opportunity to hear the Christmas story focused on the hope and the comfort it brings to those in sorrow and difficulty.

### **Christmas Eve Services - Tuesday, December 24**

**4:30 pm**—Carols Around the Crèche: A communion service with crèche and carols, suitable for all the family.

**8:00 pm**—Festival Christmas Eucharist: Enjoy the magic of Christmas carols, readings and the mystery of Holy Communion. (*Carol singing starts at 7:45*)

### **Christmas Day Celebration - Wednesday, December 25, 10:00 am**

A Quiet Communion service, followed by Brunch.

### **Vespers of the New Year - Tuesday, December 31, 5:30 pm**

Our last vespers service of 2019 will be looking ahead to the new year. Come and see the old year out with hope-filled prayer and reflections. Followed by potluck supper.

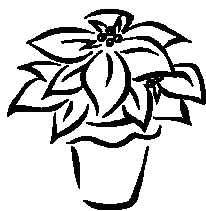
### **Epiphany Star Party! - Monday, January 6, starting at 6pm**

We'll welcome the Magi to the crèche, crown the Epiphany Kings or Queens, and also take down the Christmas decorations. Bring your favorite dish to share and a twig from your Christmas decorations to burn in our 12th Night fire.



### **Please Sign up**

On the posted sign board for service ministries at the Blue Christmas Service, Christmas Eve Services and Christmas Day.



### **Poinsettias Dedications**

If you would like to honor a loved one by contributing for Christmas poinsettias, you may use the envelopes on the signup board to indicate the wording of your dedication (as in memory, thanksgiving, or honor.) Please print clearly. Suggested contribution is \$10 each. Place envelope in offering plate. Donors may take home poinsettias after Christmas Season.

**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)**

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