

Benediction Weekly

January 12, 2020

St. Benedict's is an inclusive Christian community that celebrates the divine in all beings, and inspires spiritual growth through joyful sacramental worship, loving service, creative expression, thoughtful inquiry and commitment to social justice.



Women's March – The Time Is Now

Saturday, January 18 Rally at 10am March at 11am Mitchell Park SLO

Please join the group of SLO County Episcopalians meeting in the St Stephen's parking lot at 9:30am this Saturday. We will come together for the fourth annual Women's March in SLO. Join us as we uphold the values of our Unity Principles, and work toward a positive and just future for all. In the past three years we have advocated for women's rights, human rights, civic engagement, and social and environmental justice.

This Week at St. Benedict's

(at the church unless otherwise specified)

TODAY

- 8:00 am – Contemplative Communion
- 9:20 am – Bible study
- 9:30 am – Messy Church family worship
- 10:30 am – Holy Eucharist with music

Monday, Jan 13 RECTOR'S SABBATH

Tuesday, Jan 14

- 5:30 pm – Vespers, followed by potluck supper

Wednesday, Jan 15

- 2:30 pm – Earthcare Meeting
- 4:15 pm – EFM meeting
- 7:00 pm – Choir Rehearsal

Thursday, Jan 16

- 10:00 am – Hollister: *Climate Church/Climate World*

Saturday, Jan 18

- 9:30 am – Women's March - gather at St Stephen's SLO

Sunday, Jan 19

- 8:00 am – Contemplative Communion Service
- 9:20 am – Bible study
- 10:30 am – Holy Eucharist with music
- 12:30 pm – Parish Council meeting

Welcome Lacey McNamara

This morning we are very pleased to welcome Lacey McNamara as our guest musician. Lacey will be playing for us for twelve weeks.

Born and raised on the Central Coast, Lacey grew up in a very musical family. She started taking piano lessons when she was four years old and never stopped playing. Lacey holds a BA in Business Administration from University of La Verne and plays piano for Coastal Adult School voice classes. She has music directed, conducted, and accompanied at theatre companies from PCPA to the Melodrama to SLO REP. She co-owns and manages Lyrics and Melodies Studio in Los Osos with her wife, Danielle, where they offer private piano, voice, ukulele, and guitar lessons as well as group classes for infants and toddlers and the grownups who love them. She enjoys the beach, cooking, and playing with their dog, Dodge.

www.lyricsandmelodiesstudio.com

CERT Training Starts This Week

A five-evening class begins January 14, 6:30-9pm on Tuesdays and Thursdays. The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills. Please see the announcement on our bulletin board or speak with Mary Ellen Rico. Sponsored by SLO County Fire Chiefs Assoc. and the SLO County Sheriff's Advisory Foundation.



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

Celebrant: The Rev. Dr. Caroline Hall; Deacon: The Rev. Sharon Dalrymple; Eucharistic Minister: Jane Wu;
Lectors: Lisa Gonzalez & Bob Pelfrey; Ushers: Steve Hirahara & Connie Weldon;
Altar Guild: Pat Stoneman & Elaine Beckham; Greeters: Dianne Long, *pre* & Jane Wu, *post*;
Flowers: Sharon Porter; Coffee Hour Hosts: Maureen Titus & Alice Welchert;
Children's Bible Time: Connie Weldon; Tellers: Diana Hammerlund & Bryson McKelvey;
Intercessor: Judy Schloss; Music: Lacey McNamara **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.

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

Mutual Ministry Review

Once a year we pause to think about our common life together. As we listen to the prompting of the Holy Spirit, we get to consider what is working well and what needs attention, where God is blessing us and where God is calling us. We do this through the annual Mutual Ministry Review and then the Parish Meeting on January 26. These are for everybody, and your voice is important because you are part of this expression of the Body of Christ.

The Mutual Ministry Review will have two parts this year. We invite you to complete a short survey either online or on paper. In addition, Parish Council members will be calling each household to touch in and to hear any particular concerns or blessings that you want to share.

Please complete the survey by next Sunday, January 19th

You may complete it online <https://www.surveymonkey.com/r/95WPTTH> or fill out a paper form, available now near the usher's station.

Annual Parish Meeting January 26

Coming up at the end of January, our annual Parish Meeting will take place immediately after the 10:30 service. Lunch will be provided.

We hope that you will come and participate in conversation about our life together this past year, and hear the results of the Mutual Ministry Review. We will elect new Parish Council members and Deanery delegates, and pass a budget for 2020. We will hear reports from ministry areas, recognize outstanding service, and have a conversation about how we can better welcome all shades of political opinion in our faith community.

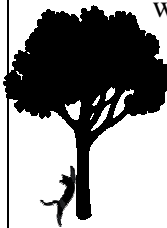
This will also be Deacon Sharon's last Sunday with us, so there will be a farewell recognition for Sharon and Shelley.

Please plan to be there!

I'm a member of "**Greening Los Osos**", an organization dedicated to planting native trees and other plants and removing invasive species. Currently we are working at the corner of LOVR and South Bay. Most Saturdays we meet at 10 for about an hour or hour and a half. If you like getting your hands into the Earth this is a great opportunity. The weather is cool and the soil is easy to work after the rains. There is also a planning meeting on Wednesday, January 29, at 6:30 pm at St. Benedict's.

Contact me for more info.

-- Alice Welchert



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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