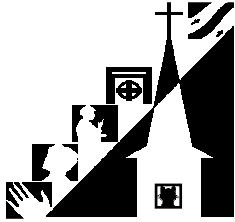


Benediction Weekly

January 19, 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.



Parish Meeting Next Sunday

The Annual Parish Meeting will take place next Sunday, immediately after the 10:30 service. Lunch will be provided. This will also be Deacon Sharon's last Sunday with us, so there will be farewell recognition for Sharon and Shelley. *Please plan to be there!*

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
- 12:30 pm – Parish Council meeting

Monday, Jan 20 RECTOR'S SABBATH

Tuesday, Jan 21

- 2:00 pm – Intercessory Prayer Circle
- 5:30 pm – Vespers, followed by potluck supper
- 7:15 pm – Open Conversations: Being Disciples

Wednesday, Jan 22

- 4:15 pm – EFM class
- 7:00 pm – Choir Rehearsal

Thursday, Jan 23

- 10:00 am – Hollister: *Climate Church/Climate World*
- 3:00 pm – Healing Ministry meeting

Sunday, Jan 26

- 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
- 12:30 pm – Annual Parish Meeting

Welcome Suzanne Duffy

This morning we are pleased to welcome Suzanne Duffy as our special guest flautist.



Suzanne serves as Second Flute & Piccolo for Opera Santa Barbara, and Principal Flute for Symphony of the Vines, Opera San Luis Obispo and Orchestra Novo.

A Cal Poly-San Luis Obispo faculty member since Fall 2015, Suzanne will be a featured faculty soloist in March 2020 with the Cal Poly Wind Ensemble in Stephen Bulla's Rhapsody; Suzanne will again perform the Bulla on that ensemble's CBDNA 2020 Northwest/Western Division Conference appearance at the University of Puget Sound, Seattle in late March 2020.

Suzanne earned a M.M. in flute performance from Indiana University and a B.M. from Northwestern University. In addition to post-graduate studies at SUNY-Stony Brook, she was a four-year member of the New World Symphony, a Miami Beach-based orchestral fellowship training program led by Michael Tilson Thomas. She loves carrying all this training and experience into her work with her private students, in San Luis Obispo and Santa Barbara, and sharing music with the St. Benedict congregation this morning.

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

Celebrant: The Rev. Dr. Caroline Hall; Deacon: The Rev. Sharon Dalrymple; Eucharistic Minister: Lorraine Schwenk; Chalice Bearer: John Horsley; Lector: Judy Schloss; Ushers: Ron Thompson & Jerry Walton; Altar Guild: Sarah Chesebro; Greeters: Carol Brubaker Walton, *pre* & Lorraine Schwenk, *post*; Flowers: Brian Spolarich; Coffee Hour Hosts: Barbara Schippers, Pat Henry, & Suzan Vaughn; Children's Bible Time: Pamela Bleisch Strawn; Tellers: Jane Wu & Dianne Long;; Intercessor: Helen Schnieders; Piano: Lacey McNamara; Flute: Suzanne Duffy; 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 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.

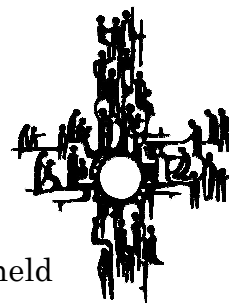
SATURDAY EUCHARIST – Evening Eucharist on 2nd Saturdays at 5:30pm, followed by potluck supper.

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

Becoming Disciples

What does it mean to be a disciple of Christ?
How is it different from being a church member (if it is)?
How can we encourage one another to be disciples?
And how do our various programs (Earthcare, Laundry Love, etc.) fit into the model of discipleship?



An Open Conversation about becoming disciples will be held on Tuesday evening, January 21 starting at 7:15 (after the pot-luck dinner which follows Vespers).

This is a continuation of our monthly Open Conversation series which looks at basic tenets of our understanding of Christianity. It is particularly intended for those who have started attending St. Benedict's more recently but is open to everyone who likes to have a good conversation or who has questions they would like answered.

Led by Rev Caro+ and other members.

Ministry Survey Due Today



In preparation for the Annual Meeting next week, we are conducting our yearly ministry review and soliciting feedback from the parish. If you have not yet completed the survey, please do so **today!** It is available online at <https://www.surveymonkey.com/r/95WPTTH> or you may fill out a paper form, available near the usher's station.

Education for Ministry

Every baptized person is called to ministry... and the Education for Ministry (EfM) program provides a very effective tool for spiritual formation to help us “grow up in every way into Christ.”
EfM class meets on Wednesday afternoons St. Benedict's.



While it focuses on Bible Study, it also focuses on incorporating group support and theological reflection. EfM is a four-year program (Year 1: the Hebrew Bible; Year 2: the New Testament; Year 3: Church history; and Year 4: theology, ethics and interfaith encounter). A person need not do all four years to strengthen their spiritual journey. If you have taken EfM in the past, but haven't “graduated,” you may resume from where you left off. All materials and books are provided as part of the enrollment fee. Scholarships may be available. For questions, contact: Lisa Gonzalez at (805) 544-2895 or lgonzo@fix.net.

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

Church Office: office@stbenslososos.org Telephone: (805)528-0654 www.stbenslososos.org