

# Benediction Weekly

March 8, 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.*



**STOP ... Don't put your fingers in the wine!** *(see over)*

**This Week at St. Benedict's**  
(at the church unless otherwise specified)

**TODAY**

- 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 – Confirmation Class

**Monday, Mar 9 RECTOR'S SABBATH**

**Tuesday, Mar 10**

- 9:45 am – Prayer for the Morning; Centering Prayer
- 10:30 am – Lenten Pilgrimage: *Brigid*
- 5:30 pm – Vespers, followed by potluck supper

**Wednesday, Mar 11**

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

**Saturday, Mar 14**

- 9:00 am – Men's Breakfast @ Budget Café, SLO
- 10:30 am – Altar Guild Workshop and Luncheon
- 3:00 pm – Hollister Inst. – Sacred Light / Nordic
- 5:30 pm – Saturday Evening Eucharist

**Sunday, Mar 15**

- 8:00 am – Contemplative Communion Service
- 9:20 am – Bible study
- 10:30 am – Holy Eucharist with music

*Lenten Pilgrimage continues this Tuesday -*

**In the Sanctuary of Women**

We invite you to join us on a pilgrimage of reflection on the lives and times of six women and the questions and journeying that they spark for us. Each day there will be a short Prayer for the Morning at 9:45 then, 20 minutes of Centering Prayer/silence, followed by the class at 10:30. The class is led by the Rev. Carol Brubaker Walton and the Rev. Caro Hall. This week the focus is on St. Brigid of Kildare.

*Hollister Institute continues this Saturday -*

**Sacred Light - Nordic Light**

March 14th at 3pm

Contemporary Faith & Form in Denmark and Finland

Sacred Light - Nordic Light will examine examples of contemporary/post-WW II spiritual architecture from urban and rural Denmark and Finland, rethinking wood, stone, space and light, including works of the great Finnish architect, Alar Aalto. Presented by Michael Lucas, Cal Poly Professor Emeritus in Architecture.



The rector will be away this week Tuesday through Friday attending a SLO Deanery Clergy Retreat. See wardens for business matters; clergy available by appointment.

**Lenten reflection booklets** are available in the church: *Lent is not Rocket Science.*

The season of Lent prompts us to ask questions, big and small, about the nature of our being and about our role in the world. In these daily Lenten reflections, astronomer, physicist, and Episcopal Bishop W. Nicholas Knisely explores the intersection of faith and science, creation and the cosmos.

*These booklets are available for free; however, a donation of \$5 will cover our cost.*

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

Celebrant: The Rev. Dr. Caroline Hall; Eucharistic Ministers: Stef Shuman & Sarah Chesebro; Lectors: Monique & Sandy Garvanian; Ushers: Connie Weldon & Alan Kiste; Altar Guild: Elaine Beckham & Sarah Chesebro; Greeters: Laura Thompson, *pre* & Stef Shuman, *post*; Flowers: Laura Thompson & Barbara Schippers; Coffee Hour Hosts: Pat Henry, Suzan Vaughn & Laura Thompson; Prayer Team Intercessor: Judy Schloss; Children's Bible Time: Pamela Bleisch Strawn; Tellers: Lorie Schwenk & Jane Wu; Music: Ann Lucas

***Thank you for your service!***



**ST. BENEDICT'S EPISCOPAL CHURCH, The Rev. Dr. Caroline Hall, Rector**  
**EPISCOPAL DIOCESE OF EL CAMINO REAL, The Rt. Rev. Lucinda Ashby, Bishop**



**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.

**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.

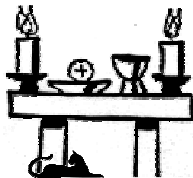
**VESTRY / PARISH COUNCIL**  
3rd Sundays at 12:30pm  
The Rev. Dr. Caroline Hall, *Rector*  
Stef Shuman, *Sr. Warden*,  
Jane Wu, *Jr. Warden*,  
Lisa Gonzalez, *Treasurer*,  
Deb Garza, Diana Hammerlund,  
Steve Hirahara, Esta Kandarian,  
Alan Kiste, Michael Lucas,  
Lorienne Schwenk

**Sip or Dip, but don't get your fingers wet!**



We use a common chalice as a symbol that we are all one in the communion of the saints and members of one Body of Christ. Research has shown that very few germs are transmitted through the common cup. This is probably because (1) the alcohol kills some (2) we wipe it after each sip and (3) metal does not harbor germs. You are more likely to get someone else's germs by passing the peace or touching a hard surface. Yet it often feels safer and even a gift to your friends to dip your wafer in the wine. BUT, and this is a big but, if you dip too far and get your fingers in the wine you've just contaminated it for all of us. Please, please, please, if you *intinct* (church word for dip) don't intinct your fingers, just the wafer, then we'll all be safer. You may also receive just with your eyes, by crossing your arms over your chest when the cup comes by and physically receiving only the bread.

Thank you.



**Altar Guild Luncheon**

St. Benedict's Altar Guild will meet for a special morning of reflection, Eucharist, training and lunch on **Saturday March 14th 10:30 – 12:30**, led by Sarah Chesebro and Caro+.

This will be a great time for anyone who would like to join the Guild to learn about it. If you are interested in the sacred work of preparing the church for worship and caring for our special linens, chalices and so on, please contact Sarah Chesebro, Altar Guild Director.

**Saturday Evening Eucharist this week.**

Once a month on the Second Saturday, we hold an informal Evening Eucharist service with music, beginning at 5:30 pm and ending with a simple supper for those who wish to stay. Join us this week!



**Long-term Prayer List**

Please continue to pray for St. Benedict's members: JW, Rachel Espinosa, Donna Ross, Emily Young, Pat Henry, June Wright, Ron & Charlene Morse, Liz & Kate Maruska, Karin Cake, Sally Franklin, Larry Swafford, Louisa Beeler, and Barbara & Steve Hirahara, and John Cribb.

Pray for our families and friends: Payton Chesebro, Jim Flippen, Erin Hayes, Cindy Hellman, Judy Lewis, Joe Perry, Susan Relva, Bob Schwenk, Paula Schultze, Curt Shuman, Tina Simmer, Angela Walker, Bill West, Merritt Greenwood, Turner Esmonde, Jun Gilman, Sandi, Sharon Carter, Edén Martinez, Les Christiansen, William Shields, Dolly Leske, and Christine Lujan.

And pray for those who have asked for our prayers: Linda Evans and her family and friends: Israel, Melinda, Josiah, Brian, Jennifer, Crystal, Jessica, Lisa, Patrick, Jessie, Jason, Jim, Joyce, Lilly, Jack, Lincoln, Alex, and Gabby.

*(To add or remove names from this list, contact church office.)*

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For counsel & spiritual care contact: 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) or (805)534-3622

Church Office Hours: Tues through Thurs 1:30-4:30pm ~ Parish Administrator: Stephanie Olsen

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