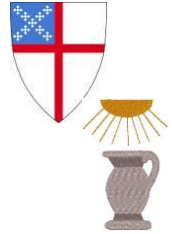




**The Venerable  
Bede**

***St. Bede Episcopal Church***  
*Port Orchard, WA*



***Our Newsletter***

**"The Tidings"**

**February & March 2017**

***Special Events***

**PANCAKE SUPPER**

**– Tuesday, February 28 -5pm-7pm**

**March 1 -Ash Wednesday  
Services 12 noon and 7pm**

**Lent Soup Suppers and Program  
Wednesday, March 8, 6pm-8pm (*for 4 weeks*)**

**Holy Week Services**

**April 9 - Palm Sunday – 8am and 10am  
with procession from Parish Hall**

**April 13 -Maundy Thursday – Service at 7pm**

**April 14 -Good Friday – Services 1pm & 7pm  
Port Orchard Cross Walk at 10am**

**April 16 - Easter Day  
– Services at 8am and 10am**

# ST. BEDE FAMILY FEB. and MARCH BIRTHDAYS



Happy Birthday!

Pam Rowland	Edna Erfe
Lydia Thomassen	Mary Ann Balyeat
Aidan Anderson	Ainsley Anderson
Sarah Yergin	Glen Yergin
Cyndy Dillon	Sage Harris
Amy Anderson	Allan Anderson
Rebecca Evenhus	Jaymeson Saling
Matthew McFarland	

Darrell Harris  
Evellyn Gunderson  
Olivia Hargrave  
Lori Wiltz

Sandra Rosenquist  
Max Saling  
Don Little  
Susie Fallstrom

Judy Houle  
Meredith Saling  
Ron Stevenson

**SHROVE TUESDAY,**  
**February 28,**  
**from 5pm to 7pm.**  
**Come and join with us**  
**for our annual**  
**PANCAKE SUPPER,**  
**provided by St Bede Altar Guild**  
**with the men helping with cooking!**

**Shrove Tuesday  
Pancake Supper**



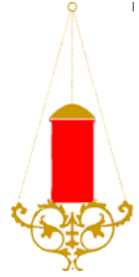
**LENT begins on**  
**ASH WEDNESDAY - March 1.**  
**Services are at 12 noon and 7pm**  
**with the imposition of ashes.**

## Flower and Sanctuary Candle Donations.

### We still have openings on the calendar!



If you would like to remember or celebrate a special person or event with flowers (\$20) or a candle (\$5) for the coming year. **Just sign up on the flower and candle clipboard in the**



**Parish Hall or contact me.** *We will not have flowers during Lent, but we will have the Sanctuary Candle.*

**Please write flowers or candle on the memo line, if you submit a check.** **Cyndy Dillon, [cpdillongh@comcast.net](mailto:cpdillongh@comcast.net)**

**Please Mark your Calendars and plan to attend:**



**LENTEN SERIES and SOUP SUPPERS  
Begin**

**Wednesday, March 8  
from 6pm to 8pm**

**and will continue to FOUR WEEKS  
(until March 29)**

*Signup sheets are in the Parish Hall*

## CARD MAKING

**Join us to make cards!**

**We will be making four predesigned cards, and one free style card. This is a free event!**



**Date: Saturday, March 25, 2017**

**Time: 10 AM – 1 PM**

**Where: St. Bede's Parish Hall**

**Cost: FREE**

**Bring: a glue stick, pair of tweezers, a friend**

**For: beginners and experts**

**Questions? Contact Lori Wiltz 360.265.9525 or  
ljwiltz@hotmail.com**



### The DAUGHTERS of the KING

Our DOK Chapter has been very busy with a very successful Longest Night in December.

**A movie matinee program in January was enjoyed as well as the popcorn with assorted toppings.**

To continue special events, **we learned bookmark/card making techniques** with Lori Wiltz and associate Mareen Gilmartin. There was intense concentration on the project.



**March** will see us getting back to basics with Leigh Price presenting **part 2 of Anglicanism**. There will be time allotted for some discussion and a few questions.

**FHS, Barbara O'Hearn**

# ST BEDE MARTHA & MARY GUILD

*(aka Episcopal Church Women)*

Our meeting was held on January 17, 2017. **We reflected on the December Dessert Faire. We did extremely well with a profit of \$967. Well done, bakers, knitters and craft makers!**

This is always a fun activity enjoyed by our entire congregation.



The agenda in January included activities and dates for 2017.

**We are planning a visit to Maryann Jordan in March.**

**Spring Fling will be held on June 2nd and 3rd, with setup two days prior to the sale.**

**July and August will have some fun outings.**

The exact dates and locations have not been decided.

**Our Thanksgiving meal will be on Sunday, November 19th**

**Dessert Faire will take place on December 10th.**

It is not too early to put these dates on your calendar and **also not too early to save some gently used items for our Spring Fling.** Thank you in advance.

**ECW's monthly meeting will be February 21st at 10 AM.**



Please come and help plan activities.

It is always a pleasure to welcome new faces and new ideas.

**Anne Liepman, President**

## FAMILY KITCHEN



Our January meal was extremely well received. Everything was tasty and nutritious!

**The help in the kitchen was super! Thanks for all who made this event another success.**

I have used these words before, but..." we work together like a well-oiled machine"! We should after providing meals for almost 25 years!!

**We have February off, due to our date falling on President's Day. A well-deserved respite.**

The menu for March has not been formulated. It will be something special, since we did not use any funds in February. Any ideas?

**The date will be Monday, March 20th.**

Come and join us anytime between 11 AM and 6 PM.



**Thanks again for all who contribute monies or volunteer time. You are the best!**

**Thank You!**

**Anne Liepman, Chair, SK Family Kitchen**

***Share the Ministry with others!***

***From 'Ministers Little Instruction Book'  
by Stan Toler***

**PALM SUNDAY, HOLY WEEK  
and EASTER SERVICES**

**April 9 - Palm Sunday  
– Services 8am & 10am  
with procession from Parish Hall**

**April 13- Maundy Thursday Service  
with Foot Washing – 7pm**

**April 14 - Good Friday Services  
– 1pm and 7pm  
Port Orchard Cross Walk  
(starts 10am at 1<sup>st</sup> Lutheran)**

*Confessions are available – contact the Vicar*

**April 16 - EASTER DAY  
– Services 8am and 10am**

# PARISH NURSES



## GRIEF

### What is grief?



The dictionaries define it as: **deep sorrow, especially that caused by someone's death or keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret.**

**Since grief is such a wide topic** that covers so many kinds of losses and an almost infinite range of emotions, **there isn't a single grief definition that covers it all.** Grief is the normal and natural emotional reaction to loss or change of any kind. Of itself, grief is neither a pathological condition nor a personality disorder.

**You have a right to feel the way you do.** Feelings are natural. Even though others may not understand your feelings or fail to empathize with you, it is the most important for you to empathize with yourself. Give yourself permission to process, naturally, the loss you have experienced.

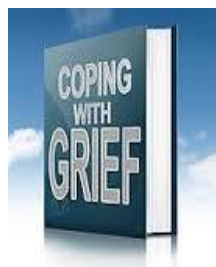
**Grief is individual and unique. There are no true stages and grief cannot be neatly categorized.**

\*Recovery from loss is achieved by a series of small and correct choices made by the Griever.

\*Recovery means feeling better.

\*Recovery is finding new meaning for living, without the fear of being hurt again.

\*Recovery is being able to enjoy fond memories without having them turn painful.





- \*Recovery is acknowledging that it is perfectly all right to feel sad from time to time and to talk about those feelings no matter how those around you react.
- \*Recovering from a significant emotional loss is not an easy task.
- \*Taking the actions that lead to recovery will require your attention, open-mindedness, willingness, and courage.



**If you are willing to take that step, I will try to offer an 8-10 week grief group starting in April.**

I will need a full commitment on your part to participate for the length of the class. It will not be easy but, hopefully it will be fulfilling.

**I will need 6-10 participants, so contact me or Kathleen if you are interested.**

**Ken and Mary Hulet, Parish Nurses**

**“... For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not harm you, plans to give you hope and a future....”**

*- Jeremiah 29:11 (NIV)*

*From: ‘Minister’s Little Instruction Book’  
by Stan Toler.*

## OUTREACH COMMITTEE



Dear Church Family,



Your Outreach Committee have asked to have money sent this month to: **Helpline, the new Severe Weather Center in Port Orchard, and the Fatted Calf Cafe in Seattle.**



**The new Severe Weather Center is located at the Methodist Church in downtown Port Orchard.**

It is a recent addition to help provide a warm place for our local homeless population and still needs a few things that we can donate as individuals. They are: **decaf coffee,**

**hats, gloves, scarves, cups of soup,**

**large storage totes, and cocoa packets.**



If you feel called to help in this way, **you may take them to the shelter** at the Methodist Church **on Mondays between noon and 2:00pm, or bring them to St Bede's** where someone will deliver them. Make sure you **put them in the Parish Hall** and not in the Helpline bin.



**The Fatted Calf Cafe is located at St. Paul's Church in Seattle** where they serve a weekly meal much like we do monthly at First Lutheran Church here in Port Orchard, except they serve 90 plus at each meal. We felt called to support this Ministry in our Diocese.

We are YOUR Outreach Committee and are always open to suggestions from you concerning the dispersal of Outreach money.  
*Matthew 25:40.*

**Blessings, Your Outreach Committee**

Perhaps we could try to live our lives  
like these six stories.



Once all villagers decided to pray for rain.  
On the day of prayer all the people gathered,  
but only one boy came with an umbrella.

**That's FAITH.**

When you throw babies in the air,  
they laugh because they know you will catch them.

**That's TRUST.**

Every night we go to bed  
without any assurance of being alive the next morning  
but we still set the alarms to wake up.

**That's HOPE.**

We plan big things for tomorrow  
in spite of zero knowledge of the future.

**That's CONFIDENCE.**

We see the world suffering  
but we still get married and have children.

**That's LOVE.**



On an old man's shirt was written a sentence  
'I am not 80 years old  
I am sweet 16 with 64 years of experience.'

**That's ATTITUDE.**

**TIDINGS** *Published monthly by*

**St. Bede**

**Episcopal Church**

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**P.O. Box 845**

**Port Orchard, WA 98366**

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[www.stbedeschurch.org](http://www.stbedeschurch.org)

**Rev. Canon Arienne Davison - Vicar**

[bedesvicar@gmail.com](mailto:bedesvicar@gmail.com)

**Services:**

**Sundays -**

**8:00 AM - Holy Communion  
without Music**

**10:00 AM - Holy Communion  
with Music, and  
Sunday School**

**Wednesdays -**

**11:00AM - Holy Communion  
Bible Study and Prayer**



**St. Bede Episcopal Church**

**P.O. Box 845**

**Port Orchard, WA 98366**

**In the love of Jesus Christ, St. Bede joyfully welcomes you  
and seeks to serve and to nurture spirituality in all.**