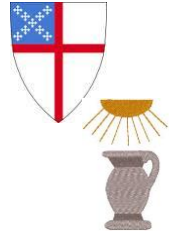




**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

AUGUST 2024

Special Events

Come and worship with us on Sundays at 10am
Sunday Services are being broadcast with YouTube.
A link to the broadcast will be posted on Facebook page.

Vacation Bible School at First Lutheran
– August 5-9

Coffee and Grounds 2nd and 4th Thursdays,
10am in the Parish Hall

St Bede Family Kitchen – August 19

Third Tuesday Brown Bag Lunch - August 20

St Bede Homecoming Celebration – Sunday,
September 8. “Bring a Friend to Church”



ST. BEDE FAMILY August Birthdays

6 Trisha Botkin 12 Ernie Beetz
16 Russ Hargrave 17 Marv Carter
20 Peggy Parsons
20 Mary Taft-McPhee
22 Sharon Billings 24 Jenni Conner
26 Cami Walter
28 Leslie Hopkins
31 Tom Huffman



OUTREACH REPORT

Attendees: Sarah Yergin, Don Little, Linda Beetz, Bev Dawson, Mary Ferreira, Fran Valley, Arthur Ferguson.

Opened meeting with a prayer led by Sarah Yergin.

Discussion of last month's donations and sharing of thank you cards received from people Outreach Committee recipients.

For the month of July, we talked about who we would support and decided on \$100 to each of the following:

1. **Habitat for Humanity**
2. **Benedict House**
3. **Coffee Oasis**



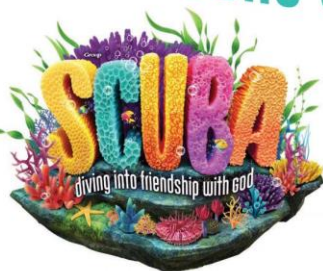
We talked about Covenant House, but we are looking more into it to see what they do in the Kitsap County area, before we consider making a donation to them.

The meeting closed at 11:10am with a prayer led by Don Little.

Respectfully submitted by,

Arthur Ferguson, Outreach committee Chair

looking for oceans of fun?



we hope to “sea” you here!

New friends ~ Amazing experiments ~ Creative games
Super-fun snacks ~ Surprising adventures ~ Incredible music

Location: First Lutheran Community Church
(church name)

Save these dates: August 5th-9th
(VBS dates)

Each day's fun happens from: 9am-12pm
(daily start and end times)

For more information, call or visit: 360-876-3901 or www.firstlutheranpo.com
(church phone number and web address)

Register online here: www.firstlutheranpo.com and click on forms
(registration web address)

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*Adult and teen help is also needed.
Call or email Kelly@360-876-3901 or kellyfc@hotmail.com*



We are excited to be offering a Diocese-wide, end-of-summer, sailing voyage in the Puget Sound for high-school-age teens.

Teen Sailing Trip

All high school youth in the Diocese of Olympia, the Episcopal Church in Western Washington, are invited on a trip of a lifetime aboard the historic schooner, *Adventuress*.

We will spend 4 days/3 nights onboard this 113-foot ship, sailing through the waters of the Puget Sound. Along the way, we will learn about navigation and marine biology (*Adventuress* is a floating lab!); we'll search for whales and other wildlife; engage in community-building activities; cook meals together; create music and prayer; and even take turns sailing the ship!

August 28 – 31. \$200/person. Scholarships readily available.

More information or to register:
<https://youthsailingtrip.eventbrite.com>

Valerie & Naomi Woodrum (Special Projects for Youth)

STEWARDSHIP REPORT



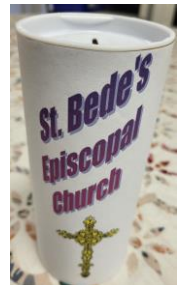
Happy Summertime! As each of us take a vacation or otherwise miss a Sunday at St. Bede this season, that is understandable.

HOWEVER - there are things we *DON'T WANT TO MISS OR FORGET* about St. Bede and our community during this season! I will focus on these here.

Please *DON'T MISS OR FORGET "St. Bede Homecoming Celebration" on Sunday, September 8th, after our services!*

To add to the festivities - we ask you to "Bring a Friend to Church" on September 8th. Bring your neighbor, a new friend or an old friend! Bring someone you want to become more acquainted with! Bring a relative - young or old! Your "friend" doesn't have to be someone ready to join St. Bede! We really just want members of the community to get a chance to join our celebration as we worship, sing, and enjoy food together at our Homecoming.

Please *DON'T MISS OR FORGET to turn in your St. Bede Contribution Can cash!* So far, we have gathered over \$600 from these contributions, collected in the cans we distributed at the start of the year. **You can put your name on your can and turn it in (so that it can be returned to you) or you can put the money in a zip lock bag with your name on it. Either way, you will get credit for your contribution. OR you can write a check for the amount in your can!**



Each week, to keep St. Bede going, it takes a little "extra"! We can show our gratitude for St. Bede by remembering to add our "extra" in the form of pocket change (and more) to our St. Bede collection cans. Show gratitude for the big and the small events! If you have a good medical test result, please give. If you manage to get all your weeds pulled, please give. Or use it as a swear jar where you pay in if you "misspeak". **In whatever manner you are motivated to collect that "extra" bit for St. Bede, it matters. All our "extras" keep us growing as a part of the Body of Christ!** *If you don't have a St. Bede can, please see me or Don Little.*

Let's keep St. Bede's growing and add to the 'richness' of St Bedes!

Claire Fox

FAMILY KITCHEN



On Monday, July 22, St Bede Family Kitchen crew served baked chicken drumsticks, baked beans, potato salad, tossed green salad, with strawberry shortcake for dessert.

We had 23 people eat in and sent out 32 ‘to-go’ meals.



We received lots of compliments on the meal again, thanks to our wonderful team of cooks, servers and cleanup.

Fran Valley

MEALS FOR MEMBERS!



St. Bede continues with our ‘Meals for Members’ program. When difficult events happen, we can assist our members with meals to help them get through that bad time.

Linda Varda is ‘point person’ for this ministry of pastoral care.

If you would like to provide a meal or two on occasion, please let Linda know. When the need arises, she will gather details (dietary restrictions, allergies, etc.) and then make some phone calls.

Linda’s contact information is: Linda at 360-602-0171 or lindavarda@hotmail.com.

ST BEDE’S LITTLE PANTRY



A constant and ongoing **THANK YOU** to all who continue to donate food and products to this very well used and appreciated community outreach. It is Such a Blessing to so many!



THANK YOU to ALL for your support of this ministry! **Kathleen Ebbert**

MUSIC at ST. BEDE

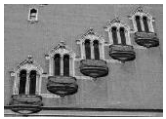


On July 7 we sang the words to an old familiar hymn with a tune that is new to us. At the beginning of the service, Nancy Crowe led and acquainted us with the music, and it was loud and uplifting. Several of us think of the music as our congregational choir.

It would be expanding to add a new hymn to our list of well-loved music. Maybe you can look at the hymnbook and tell me which ones you particularly like! Or just think of some that you sang long ago, and we will try to include it at some point in our worship. Most of the hymns we sing have words that are directly from psalms or Bible verses, and they are to be sung during the church calendar year to relate to the pertinent readings.



One of the types of group singing we will do is antiphonal. In the Church's early times, when people or choirs were up



in the balconies on both sides of the nave, this antiphonal style would be taught during church and people on each side of the balcony would have



the chance to shine. Often the voices would produce wonderful echoes in the architecturally amazing cathedral buildings. The orchestra or string quartet would be seated in front of the altar and the organ pipes would boom fabulous harmonies and overtones from the walls. This style of music can also be heard in Jewish worship with a cantor and gospel 'call and answer' hymns of the American south.



Our Yamaha digital piano/organ is not working to its full capability, and several of us are working to find a technician who can take it apart and replace a power plug socket.

You may see a different instrument at the front of the church in the coming weeks and hear organ music that has been previously recorded.

Thank you for your interest and joyful singing every Sunday.

Mary Ferreira



FLOWERS AND CANDLE DONATIONS

Thank you to all who sign up to provide flowers and or candles to beautify our St Bede Sanctuary.



If you would like to celebrate a birthday or anniversary, or honor a loved one's memory, consider donating Altar flowers or a Sanctuary candle. Suggested donations are \$20 for flowers and \$5 for a candle.

Complete the forms, at the church entrance or in the Parish Hall, make checks payable to St Bede with flower or candle donation in the memo line, and place in the offertory plate or give them to Kathleen Ebbert.

Choose your date and sign up on the Flower Chart, on the wall in the Parish Hall. Your donations will be noted in the Sunday bulletin.

If you have any questions, please contact:

Judy Wilkin at 360-871-6165 or tjslkin@aol.com OR

Karen Bathgate at 360-792-1807 or kbathgate@comcast.net

A Blessing on Everyone

**As plentiful as the grass that grows,
Or the sand on the shore,
Or the dew on the lea,
So the blessings of the King of Grace
On every soul that was, that is, or will be.**

From "Irish Blessings, by Pat Fairon



PARISH NURSES What Causes Dry Eyes?



Even when you're happy, your eyes are full of tears. They provide moisture and lubrication to help you see and keep your peepers comfortable.

What's in a tear? They're a mix of:

- Water, for moisture
- Oils, for lubrication
- Mucus, for even spreading
- Antibodies and special proteins that keep infection at bay



The ingredients come from special glands around your eye. Dry eyes often mean your tear system is out of whack.

When tears don't provide enough moisture, you might notice:

- A gritty feeling
- Feeling like there's something in your eye
- Itching
- Redness
- Blurry vision
- Light sensitivity

Sometimes, dry eyes create too many tears. This confusing condition is called reflex tearing. It happens because the lack of moisture irritates your eye. It sends a distress signal through your nervous system for more lubrication. Your body sends a flood of tears to try to make up for the dryness. It's a lot like what happens when you get sand in your eye, and it runs. But these tears are mostly water, so they don't act like normal tears. They can wash debris away, but they can't coat your eye's surface.

What Causes Dry Eyes?

Sometimes, there's a lack of balance in your tear-flow system. Or your air conditioner, heater, or other things around you could dry out your tear film. Other causes include:

- **The natural aging process, especially menopause**
- **Side effects of certain drugs like antihistamines**
- **Diseases that affect your ability to make tears, like Sjogren's syndrome, rheumatoid arthritis, and collagen vascular diseases**
- **Problems that don't allow your eyelids to close the way they should**

How Are Dry Eyes Treated?

There are a number of options. Ask your eye doctor what to do. Treatments include:

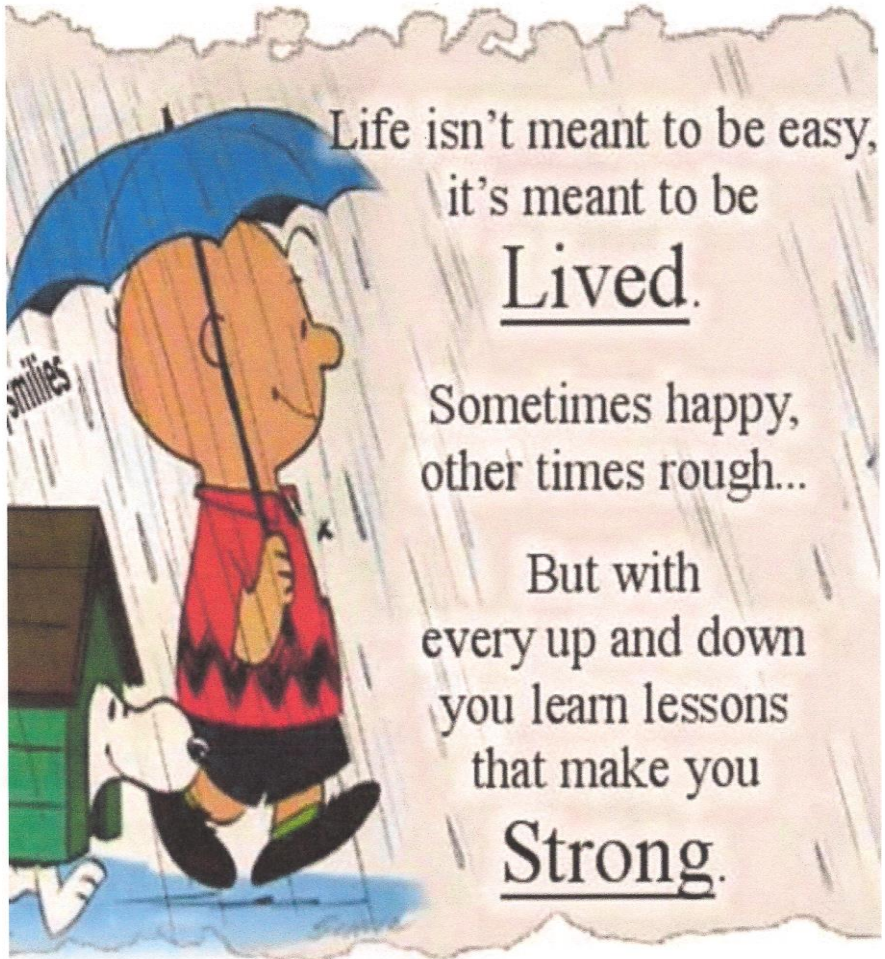
Artificial tear drops and ointments. This is the most common treatment. Many types of drops are available over the counter. No one product works for everyone, so you might have to try a few to figure out the one that's right for you. If you have chronic dry eye, you need to use the drops even when your eyes feel fine, or they won't stay wet enough. If your eyes dry out while you sleep, you can use a thick product, like an ointment, at night. You might think about sleeping with airtight goggles on. They'll create a mini "moisture chamber" for your eyes.



If you find that the products you buy in the store are not helping your dry eyes or you have further questions, consult your ophthalmologist. If you experience sudden vision changes or eye pain, you should consult your doctor as soon as you can.



Ken and Mary Hulet, Parish Nurses



Life isn't meant to be easy,
it's meant to be
Lived.

Sometimes happy,
other times rough...

But with
every up and down
you learn lessons
that make you
Strong.

TIDINGS

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St. Bede Episcopal Church

1577 SE Lider Rd. P.O. Box 845

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360-876-1182

Editor – Kathleen Ebbert

bedeschurch@gmail.com

www.stbedeschurch.org

Supply Priests until we call a new

Spiritual Leader

bedespriest@gmail.com

Services:

Sunday Holy Eucharist 10am

Wednesday Zoom Bible Study 11am.

*On-line services and videos may be
viewed on [*You Tube*](#)
enter *St Bede Episcopal Church*
*Port Orchard.**



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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.**