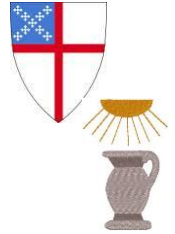




The Venerable
Bede

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

SEPTEMBER 2024

Special Events

Come and worship with us on Sundays at 10am
We hope to be back broadcasting very soon

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

****Watch for starting date of Godly Play****

Ordination and Consecration of
The Rev. Dr. Philip N. LaBelle
Saturday, September 14 in Bellevue

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

Third Tuesday Brown Bag Lunch – Sept. 17

St Bede Family Kitchen – September 23

ST. BEDE FAMILY September Birthdays



1 Jonah Wilson
6 Elias McFarland **10 Fran Valley**
11 Kristal Wilson **13 Max Nanni**
17 Teresa Barnet
20 Naomi Wanliss **22 Judy Wilkin**
28 Elena Hopkins
29 Barbara Knoch



OUTREACH REPORT

Attendees: Sarah Yergin, Don Little, Linda Beetz, Bev Dawson, and Arthur Ferguson. Opening prayer was led by Sarah Yergin. We received a nice thank you card from KRC, which we shared.

We went over last month's giving, which was Habitat, Coffee Oasis, and Benedict House. We also talked about Christmas Gifts for Coffee Oasis, which would start in November, and we will look more into this at our next meeting.

For the month of August, we gave \$100 each to:

1. **St. Vincent de Paul**
2. **SK Helpline**
3. **Backpack for kids**



We talked about a new non-profit Kathleen Sutton Fund, they help with women with cancer, helping funding those women who need help with funding their transportation expenses to their treatments. Bev Dawson will look into the Covenant House for Kids, and give us an update on what they do in our community. September food drive will be Salt and Pepper and Spices.

The meeting closed at 11:30am with a prayer led by Arthur Ferguson.

Blessings, **Arthur Ferguson, Outreach Committee Chair**

JUNIOR WARDEN REPORT



We are proceeding with the roof repairs. The contractor has been selected and now we need funding. Paul Gaudette, our treasurer has checked with the Diocese, and we should be able use our set-aside money from the building fund held by the Diocese. This method of funding will not affect St. Bede Annual Budget. Hopefully we can get the dollars before the weather changes, or I suspect we might have to wait for the project to move forward.



Next on our project list is a new carpet for the Fellowship Hall. I will start getting some bids together and the Bishop's Committee will decide on color and style of the carpet. We plan on using funds from our set-aside maintenance donation. This project will not affect our annual operating budget.

We did have an issue with a leaky pipe just outside the church building. The leak was from a connection from under the sink in the undercroft to a water pipe running out of the wall somewhere towards the fence line. The line was cut and capped by the Plumber.



A locksmith has been hired to replace the doorknob on the sanctuary door. (safety and emergency egress issues) The reason we needed a locksmith is because the door is very old, the locking mechanism is worn out and of a peculiar size. The door must be modified to be able to use modern hardware. Keeping the current door is necessary because of the wood coloring and blending of wood type with the altar.

Things to think about:

1. The ramp to the church is becoming a concern. The planking is starting to soften from our wet weather.
2. Parking lot sink hole repair (2025)
3. Outside painting of the Church and Hall (2025)

Tom Huffman

STEWARDSHIP REPORT



Here's to looking forward to September 2024 at St. Bede's! I want to draw your attention to two events that are coming up in September!

Number 1 - Sunday, September 8th - "St. Bede's Homecoming Celebration". Begins after our services!

This is a time to mark the close of Summer 2024 (here's hoping it is just the START of the close of Summer). It's a time for "Back to School". We will mark our "Homecoming" with a reception and lunch prepared by the Stewardship Committee.



Bring a Friend



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's! 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. **Come One!**

Come ALL! We want to make this celebration special!



Number 2 - Saturday, September 14th, Ordination & Consecration of the Rev. Dr. Philip N. LaBelle, as the Ninth Bishop of Olympia, at Meydenbauer Center, 11100 NE 6th Street, Bellevue, WA 98004,

in Center Hall A & B, 11 am to 1:00 pm, Reception, 1:30pm to 3 pm, **We will carpool from St. Bede's, time TBD.** Doors open at 9:30 am. Each person needs to **RSVP via Diocesan website by going to ecww.org and clicking on the photo of Bishop LaBelle - then fill out a General RSVP and submit it.** Join us in this rare and exciting celebration! If you have questions, contact Don Little, who is involved in the preparations, for details.

Each week, to keep St. Bede's going, it takes a little "extra"! **We can show our gratitude for St. Bede's by remembering to add our "extra" in the form of pocket change (and more) to our St. Bede's 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's, it matters. All our "extras" keep us growing as a part of the Body of Christ!

Looking forward to seeing you at these events!

Claire Fox, Stewardship Chair, St. Bede

FAMILY KITCHEN



On Monday, August 19, our marvelous Family Kitchen crew worked another miracle and



served 30 people a tasty meal of Hamburger Macaroni Casserole, buttered corn, tossed salad with a dessert of cake, puddings and strawberries with whipped cream.



We sent 25 meals home and had a casserole left to share with the homeless ministry.



I can't praise the workers enough. They are a well-oiled machine. It was a pleasure to be their leader on Monday. **Our next meal will be on September 23.**

Sarah Yergin

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.

MUSIC at ST. BEDE



As the Epistle readings are following Paul's Letter to the Church in Ephesus, we are singing music about the awesome rite of communion. It is about the bread



and wine, sacrifice, and Jesus' love, and we appreciate every person who partakes.

Come
THOU FOUNT
of every
BLESSING

One of the hymns we love to sing is "Come Thou Fount of Every Blessing".

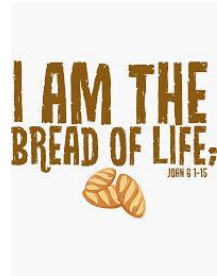
It uses the imagery of Christ as giver of living water and the shepherd.

The writer, Robert Robinson, attended an evangelical meeting to heckle the believers - instead he listened in awe to the preacher, and it turned his life around! It is one of the church's most beloved hymns and is in 112 different song or hymn books.

Many of our congregation mention how they feel after church is dependent on that last hymn, called the "sending" hymn.

This month we tried a more difficult hymn for a challenge... which used the words from the bible, 'This is the bread of life'.

Now this song was not easy because words didn't always exactly fit the music. But it was an example of how we are open to learning newer, more recently written hymns that express the church's concern with a more modern attitude towards the sacrament, and the refrain is cheerful and Uplifting!



If we are uncomfortable making an effort to sing these hymns, it is ok to just listen and pray. ...The notes are part of our worship.

Another addition to our music and singing was trying antiphonal prayer singing, and the reception was very positive.

With love and appreciation for St. Bede Church

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

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**



PARISH NURSES

Things No One Tells You About Getting Older



Sure, you get shorter and start finding stray hairs in odd places -- but you can also look forward to less stress and better sex.

Lots of Know-How

They're called the golden years for a reason. Getting older has its perks. For one, you're good at using what you've learned. This is called crystalized intelligence, and it keeps getting better, even when you're 65 or 70.

Mr. Nice Guy

Turns out you might not be a grumpy old man (or woman), after all. You'll probably get more agreeable as you age, at least through your 60s. You're also likely to be happier and less inclined to get angry. Scientists haven't figured out exactly why this happens, but they do have some theories. Older people might control their emotions better, and focus more on how to make the most of life.

Play Well With Others

You're more in tune with other people's emotions in your 40s than at any other time in your life. That insight into how others think, and feel can make living with your loved ones easier and help you get along better with your coworkers, too.

Better Sex

Older women may have sex less often than when they were younger, but apparently, they make it count. In a study of women 40 and over, researchers found that sexual satisfaction improved with age. Women over 80 were more likely than those between 55 and 79 to say they were satisfied during sex.

A Taste for Life

As you age, medications, illnesses (colds, flu, gum diseases, etc.) and allergies all can change your sense of smell and taste. And that can affect your diet and health. If you find things need to be spiced up, try some olive oil, herbs like rosemary and thyme, garlic, onion, peppers, or mustard. Just stay away from the salt.

What's That Doing There?

Around the time the hair on your head starts to disappear, it can show up in the strangest places. This can mean large hairs in older guys' noses and ears. Older women may notice small hairs on their chins. This is all caused by changes in our hormones.

Rise And Shine

There's a good chance you'll become the morning person you've always wanted to be -- in your 60s. Our sleeping patterns can shift as we age, so we get sleepier earlier and wake up earlier. That seems to work out well. One study showed that even though folks over 65 tend to wake up during the night, most said they regularly get a good night's sleep.

Bye-Bye Migraines

Once you hit your 70s, those migraines you may have had much of your life may go away. Only 10% of women and 5% of men over 70 still report migraines. Even better news: If you do have a migraine, it may not actually come with the headache. As people age, some may experience migraines as visual or sensory disturbances without pain.

Don't Quit Your Day Job

Early retirement might not be the best thing for your health -- unless you have a fun second career. A study called the Longevity Project found that people who work hard at a job they enjoy live the longest. That, along with good friends and a good marriage, could be the key to sticking around a while.

Fear Is Not Your Friend

You may worry more about breaking bones as you age. One study found that about a third of adults over 65 have that fear. And it's understandable, because falls are the leading cause of injuries for older people.

Self-Confidence

Self-esteem soars as you age, studies show, and increases with wealth, education, good health, and employment. But it takes a dip after 60. That may be because people begin to have health issues and start searching for a new sense of purpose following retirement. With increasing life spans, healthier lifestyles, and working to an older age, we may see that change.

Less Stress

Baby boomers and older adults report less stress than their younger counterparts, according to the American Psychological Association's annual Stress in America report. That doesn't mean it goes away. Health and money problems still crop up. But, the APA says, 9 of 10 older adults say they're doing enough to manage it.

Weight of the World

The longer you're alive, the more gravity brings you down. The spaces between the bones in your spine -- called vertebrae -- get closer together. That can make you about an inch shorter as you get older.

Strength in Numbers

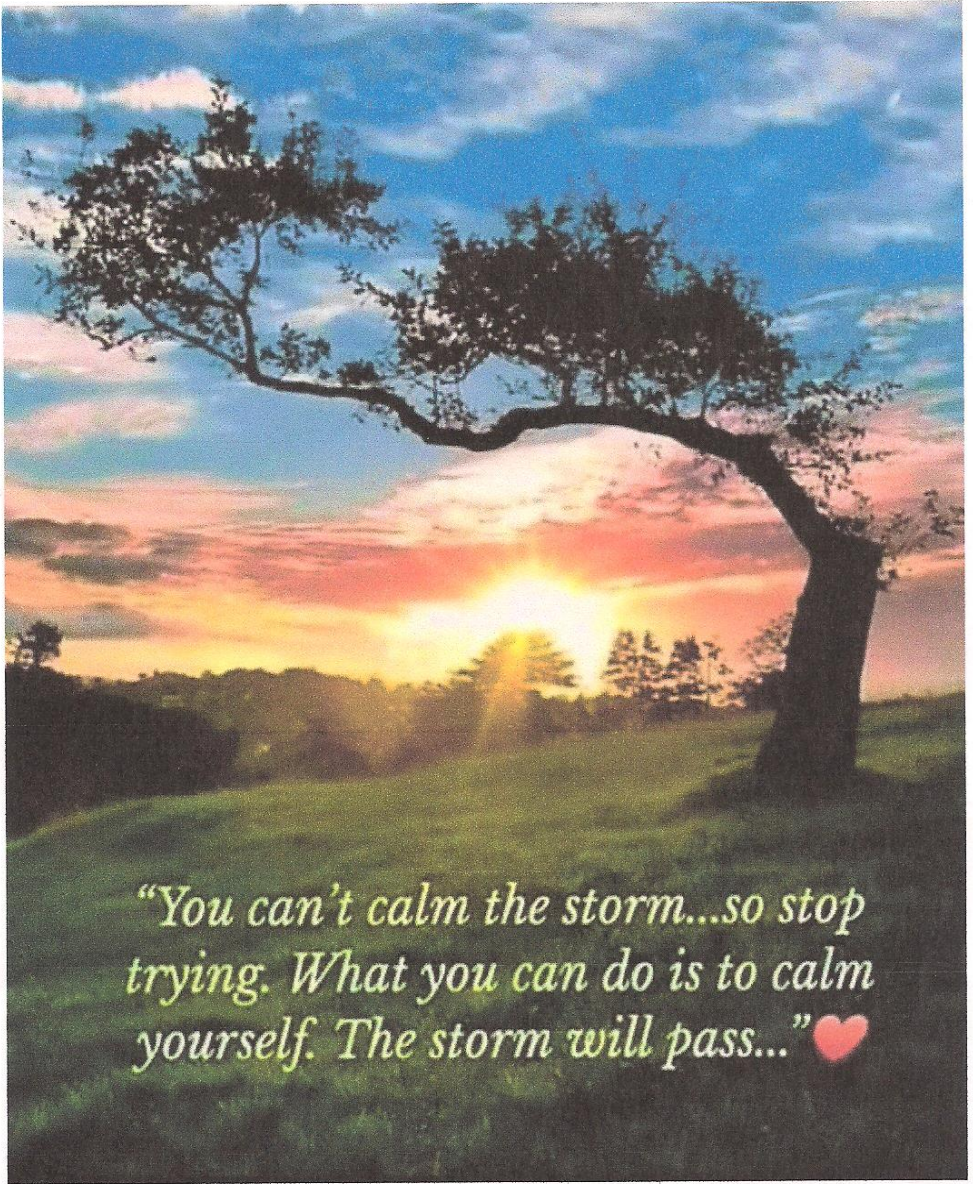
The graying of America may be a good thing for you. Those 60 and over tend to cast ballots more than any other age group. And they're the fastest-growing block of voters in the U.S. these days. That means more voting power on topics that matter as you age such as Medicare, Social Security, and health care.

PICK YOUR SUBJECTS, RESEARCH THEM AND VOTE YOUR CONSCIENCE.

Enjoy your "GOLDEN YEAR". Get out and have fun. Be active, get a hobby, join a club or other specialized group, travel if you are able, volunteer, but don't sit at home and vegetate and become depressed.

Ken and Mary Hulet, Parish Nurses





“You can’t calm the storm...so stop trying. What you can do is to calm yourself. The storm will pass...” ❤️

TIDINGS

Published monthly by

St. Bede Episcopal Church

1577 SE Lider Rd. P.O. Box 845

Port Orchard, WA 98366

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
will resume as soon as possible.*



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.**