



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

OCTOBER 2024

Special Events

Come and worship with us on Sundays at 10am
We are back broadcasting

Oktoberfest – October 13- in Parish Hall
following our Service

Holiday Bazaar - Saturday, November 2
(see article on page 3)

****Godly Play is on Sundays at 10am****

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

Third Tuesday Brown Bag Lunch – October 15

St Bede Family Kitchen – October 21

**ST. BEDE FAMILY
October Birthdays**



**2 Jessica Proud
2 Mac Washburn
4 Georgia Velez
7 Jocelyn Nichols
10 Emy Nanni
27 Ben Washburn**

**WELCOME to:
Our 1X Diocesan – Bishop Phillip N. Labelle and his Family
following His Ordination and Consecration
on Saturday, September 14, 2024**





THE HOLIDAY BAZAAR IS COMING

As the air gets crisp, it is time to think about Fall and our up-coming Holiday Bazaar, which will be held on **Saturday, November 2 it is opened to the public, as last year.** (Sunday November 3 will only be for St Bedes.)

This differs from Spring Fling because we are **asking for baked goods, canned goods, crafts and new, or nearly new items.**

Please especially think about Christmas items for decorating and for gift-giving when you think about donating.



If you have questions, please contact Kathleen at the church, or Jami Bledsoe, 360-731-9077



BROADCASTING

Broadcasting is going well with a few hiccups here and there. Sept 22 the computer restarted at 1003 as part of its regular maintenance. This means a quick restart and sign in that interrupts what has already started and delays the reboot. I will prevail to our tech support for this issue. It was changed to a time after service was finished, but with every update some of the changes revert. With that being said, the broadcasting process has been simplified.

I am hoping for a volunteer to learn the process who will be able to back me up. There are several issues pending with my family that will be difficult to “schedule”. My brother-in-law is under hospice care and in the final time of his life. My mother is 94 years old. She has a few health issues, but for the most part is active and healthy. She is losing weight and is bothered by a frequent upset stomach and some nausea. My oldest sister is taking excellent care of her, and she is able to live in a senior independent living facility. It is a blessing to have her with us. That is about all. ***Please contact me with any questions or concerns about participating with broadcasting.***

Mjspence70@gmail.com 360-876-1452 Home;360-710-172; Text

Thank you, **Margo J. Spence**



OUTREACH REPORT

Our speaker this month was.

Tina O'Brien, the CEO of **Kitsap**

Community Foundation, presented a wealth of information. Their mission is helping non-profits, for example, **Kitsap Great Give and Kitsap Center for Non-Profit Excellence**.

They also provide donor services like tax prep, managing funds, and resources for newsletters. KCF also provides Annual Grants and Scholarships, and FREEWILL, a will writing service.

Recently they held an Estate Planning 101 seminar.

To learn more, please see pamphlets and other information in the St. Bede's Fellowship Hall.

Our monthly donations of \$100 each this month went to:

Kitsap Community Foundation

Kitsap Mental Health

Kitsap Homes of Compassion



Submitted by **Karen Bathgate**

FAMILY KITCHEN

On Monday, September 23, our marvelous

Family Kitchen crew served Shipwreck Casserole, tossed green salad, corn bread and apple crisp, with real whipped cream! We received many compliments on our casserole.

We did have enough leftovers to share with the Mercy Mission.

A big thank you to our great crew.

Our next meal will be on October 21.

Fran Valley



COFFE AND GROUDS

A big Thank You to Gary Ebbert and Don Lorimor for their help around the grounds, cutting grass and trimming the bushes and hedges and weeding. **Tom Huffman**





STEWARDSHIP REPORT

Time to celebrate Fall 2024 - including the off and on sun or showers during this season - when we get to appreciate special, seasonal colors, view AND upcoming Stewardship events at St. Bedes!

We want to invite everyone at St. Bedes, as well as our supporters and friends, to the Annual Oktoberfest at St. Bede on Sunday, October 13th - following our service in our Parish Hall (about 11:15 am). This is our



way of celebrating an Autumn festival with traditional grilled Brats, Bockwurst, potato salad and other tasty items, including German desserts! We look forward to enjoying German tunes as well! **Please come to join in the fun!**

Beyond next month, St. Bede Stewardship Committee is working on or helping with future St. Bede's Events/Projects/Goals in 2024:

- A. **St. Bede's Annual Stewardship Drive - October, November - December 2024**
- B. **St. Bede's November Holiday Fest/Sale - This event is set for November 2nd - 3rd with Saturday open to the public.**
- D. **St. Bede's November 17th Thanksgiving Holiday Celebration.**

In not so many months, we will be preparing for **Christmas at St. Bede!** Start by joining in the fun with the **Greening of the Church, date TBD, early December 2024!**

Be a part of celebrating the seasons with St. Bede this year!

Looking forward to seeing you at these events!

Claire Fox, Stewardship Chair, St. Bede



MUSIC at ST. BEDE

In September, we sang hymns about Baptism and ended with a rousing American or Appalachian folk song-" Let's go Down to the River and Pray". It is a gospel hymn that reflects the ancient tradition of spiritual cleansing of Baptism, or "keeping the faith in a time of darkness."

The internet broadcasting is back! Thank you, Margo and all the people who worked on a solution to our internet outage. The digital keyboard is working pretty well and the pieces which I record on my own digital piano are played through the electronics of our system. Since there are no traditional organ pedals, I record in tracks or layers of harmonies. This is what produces some sounds from flutes, bells and harps that you hear.

We continue to learn new 'rounds' or canons to open or during our services with praise. 9/15, we sang hymns that copied exact phrases from Gospel of Mark. During the Offertory, I played one with the words of Mark 8: "Take up thy cross, the Savior said". Interestingly, that hymn is composed in a minor key, which adds a serious tone to the words. Sometimes I play hymns during Holy Communion whose tunes are in the Episcopal hymnal of 1940. The same words are used in our current hymnal, but different tunes have been written by contemporary composers.

Thank you all for your love and participation. **Mary Ferreira**

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.**



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!**

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



PARISH NURSES

What Executive Function Problems Look Like



This Might Be Why You Keep Losing Things

If you're always late, can't keep tasks on track, and have a messy desk, you're not hopeless. You may have a brain condition similar to ADHD.

What's Executive Function?

Executive function (EF) is a set of basic, important mental skills. They regulate how you process information, remember, make decisions, react to situations, and manage time. Problems with EF can affect your self-control, focus, and relationships. Symptoms look similar to those of ADHD but can be due to many things, including genetics, depression, brain injury, and medications. It doesn't have anything to do with how intelligent you are.

Lose or Misplace Things

Do you seem to always forget where you left your cellphone or keys? Losing or misplacing items is a common executive function problem. You may be disorganized. You can't keep track of your things. You may forget to bring a file to a work meeting or to grab your jacket on a cold day.

Can't Tell or Remember a Story

EF problems can affect how you remember names or events. You may have trouble when you tell someone a story or email them about an issue. You may forget important details. Or you jumble the order of how things happened.

Can't Multitask or Get Started

Do you have trouble when you have to juggle tasks or start a new project at work? You might often seem overwhelmed. Executive function helps us organize thoughts and time. If you have EF problems, you may struggle to plan long-term projects, get started, or multitask at the office or around the house.

Ants in Your Pants

Do you find it hard to settle down? EF problems may make you feel as if you're in a rush as you move from one task to the next. You're easily distracted when you try to do anything. You're impatient and can't wait your turn in line.

Always Late

People with executive function problems don't manage their time or tasks very well. You're always running late to work or social events like dinner at a restaurant. Your friends or family think you're disorganized, a poor planner, or just rude.

Lose Your Train of Thought

EF problems may mean you can't stay focused on a task or a conversation. You don't pay attention when someone else is talking to you. You often can't concentrate, and you get distracted by what's going on around you. Your mind wanders.

Read the Same Page Over and Over

You may have an executive function problem if you can't retain any information. You may read a page in a book without remembering what you just read. You tend to flip back and read the same passages over and over.

Can't Finish a Task

Do you sometimes feel stuck? Not being able to finish tasks and then go to the next item on your to-do list is one executive function problem. You may not be able to judge how long it takes to complete something. And you may leave projects unfinished.

More Than One Step Is Too Many

People with executive function problems may be overwhelmed by tasks with lots of steps. You can't remember long directions or instructions. You may not know how to decide what step to do first or what's most important.

Can't Remember Anything

One of your executive functions is working memory. That's when you hold pieces of information in your mind so you can use it to complete a task. You might forget the date of an event as you go to write it on your calendar, or you might not be able to recall how to use a program at work that you've used a zillion times.

Poor Impulse or Emotional Control

Executive function problems can also affect how you feel. You may have mood swings often. You may not be able to keep your emotions in check. You're impulsive. You interrupt and blurt things out when other people are talking.

Messy and Cluttered

Is your closet cluttered? Can't find what you need because your desk at work is covered in piles of paper? Your executive function problems may mean you don't organize your home or workspace very well. You're messy.

Miss Deadlines

When you have executive function problems, you may not be able to set or follow a schedule. You miss deadlines all the time at work. You're just that person who doesn't follow through when something needs to be done.

Why Is Everyone Else Upset?

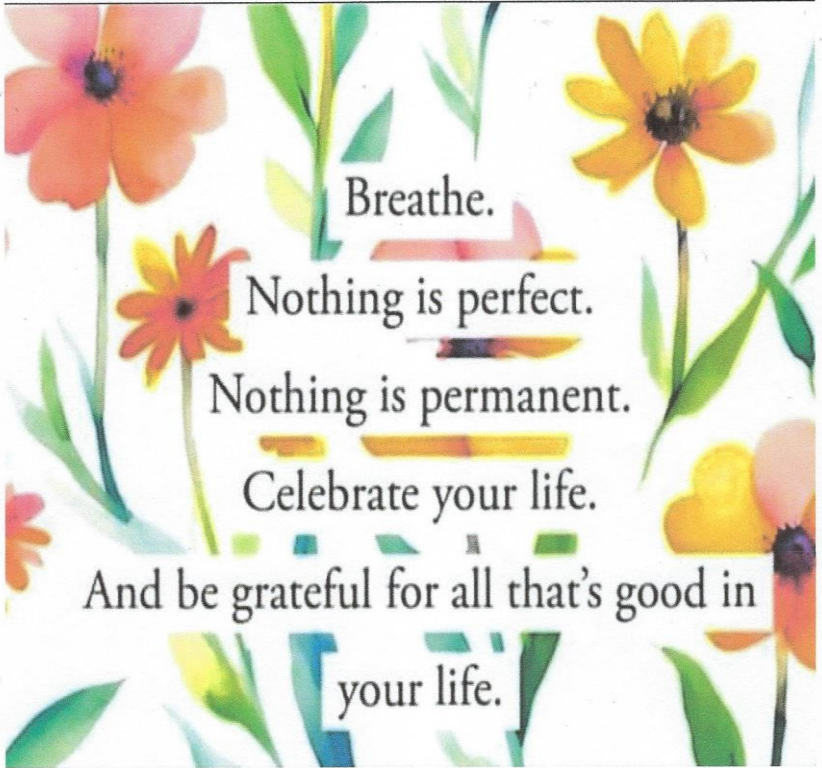
Executive function problems may affect how you monitor your behavior. You may forget that next week is your mom's birthday party. But you don't process why this makes your family or friends upset. You can't measure your behavior against what's normal.

If you are concerned about these types of behavior, please consult your primary health care provider, and you may request further advice or testing.

Ken and Mary Hulet, Parish Nurses



PERHAPS GOOD ADVICE FOR ALL OF US



TIDINGS

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**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.

*We have resumed broadcasting
using YouTube steaming.*

*A link will be posted on the church
Facebook page on Sunday mornings.*



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