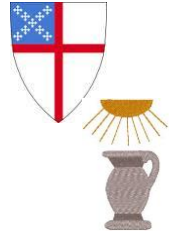




The Venerable  
Bede

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

*Our Newsletter*



**"The Tidings"**

**NOVEMBER 2024**

**Special Events**

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

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

***Thanksgiving Potluck Lunch,***  
***Sunday November 24***

***\*Godly Play is on Sundays at 9:45am\****

***Outreach 2<sup>nd</sup> Tuesday***

***Coffee and Grounds 2<sup>nd</sup> and 4<sup>th</sup> Thursdays,***  
***10am in the Parish Hall***

***Third Tuesday Brown Bag Lunch – October 15***

***St Bede Family Kitchen – November 18***

## ST. BEDE FAMILY November Birthdays



Happy Birthday!

2 Erin Nichols                      3 Allen Browning  
5 Kelly McCartney                14 Linda Varda  
20 Nick Cameron                 20 Ling Wong  
26 Karen Bathgate               26 Jeff Thomassen  
27 Jami Bledsoe



### THE HOLIDAY BAZAAR IS HERE!

**On Saturday, November 2nd,  
we will have the Third Annual  
Christmas Bazaar opened to the public.**

**It will be from 10 - 3 pm.**

*(Sunday November 3 will only be for St Bedes.)*



**We are in need of**  
crafts, all baked goods, candy,  
jams and jellies  
and like-new

Christmas decor and gift 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*



## **BRING CHRISTMAS TO A SEAFARER**

Every holiday season, the Seattle Seafarers Center packs over 1,000 "ditty bag" gifts containing personal necessities to bring to international seafarers in the Port of Seattle.

This is one way we give thanks for these essential and often hidden workers, and help them celebrate the holidays while far from home.

**Donate full-size toiletries, snacks, and other fun items.  
Donate money or gift cards for purchasing ditty bag supplies  
Knit hats ([mts-seattle.org/knit-hats](https://mts-seattle.org/knit-hats)) Sew ditty bags  
[mts.seattle.org/ditty-bag-pattern](https://mts.seattle.org/ditty-bag-pattern))**

**What goes into a ditty bag?**



**Hand-knit hat, Shampoo and/or body wash (full-size), Deodorant, Shaving cream, Razor, Toothpaste (full-size), Toothbrush, Socks,**



**Optional items lotion, candy/snacks, notepad, small game, gloves.**

**Learn more at [mts-seattle.org/ditty-bags](https://mts-seattle.org/ditty-bags).**

### **SAVE THE DATE: DITTY BAG DAY 2024**

**Join us to stuff ditty bags, share stories about Seafarers Ministry, and bless the bags to be given away.**

**When:** Saturday, November 23, 10am-12pm

**Where:** St. John the Baptist Church,  
3050 California Ave SW, Seattle, WA



# OUTREACH REPORT

## Outreach Committee Meeting October 8th, 2024

Attendance: Sarah Yergin, Bev Dawson, Fran Valley, Don Little, Karen Bathgate, Arthur Ferguson

The Outreach Committee had a guest speaker: **Barbara Carr with Kathleen Sutton Fund. This foundation helps with expenses for women who are going under cancer treatment and need help with expenses for travel to and from their appointments for their treatments.**

They service the Kitsap area, Jefferson, Mason Counties. They are assisting 23 women here in Port Orchard to date. The cost ranges from transportation, tolls, parking fees, care person to help. From 2003-2024 they hit the million-dollar mark at 20 years.

**If you know a person who may need assistance with finances for their cancer care. You can apply at 360-328-1049 The Kathleen Sutton Fund.**

The recipients for donations this month are as follows:

1. Kathleen Sutton Fund \$100
2. Helpline Kitsap \$100
3. Coffee Oasis \$100



**Our next meeting will be on November 12th at 10am parish hall, all are welcome.**

Meeting ended with a pray at 11:45am  
Blessing be with us all,

**Arthur Ferguson,** Outreach Chair

## FAMILY KITCHEN



On Monday, October 21, the St Bede Family Kitchen served BBQ pork sandwiches, corn casserole, coleslaw and strawberry/blueberry cobbler with a dab of whipped topping. Due to First Lutheran redoing all the floors, we had to make bagged dinners.



My thanks to all our faithful volunteers. We were able to share some dinners with the Mercy Mobile, too.



**Our next meal will be on November 18.**

Love in Christ, **Fran Valley**



## STEWARDSHIP REPORT

Fall is upon us in the PNW. Some days are to savor as we enjoy fall colors and crisp, fresh air. (Before the rain is a constant.)

**It's also time for our St. Bede's "family" to look to November and December as times to celebrate gratitude and gather for Stewardship action for the coming year.**

**This year's Annual Fund/Pledge drive will run from November 10 to December 22. We aim to see what a theme of "Walk in Love" means for us and our church. How do we "walk in love"? How do we show that love in our community, our homes, and our church community? How do we join love with Stewardship?**



**Please stay tuned! Together we can learn the answers.**

**Claire Fox**, Stewardship Chair, St. Bede



## MUSIC at ST. BEDE

This month was the Feast of St. Francis. We sang a beautiful hymn called "Prayer of St. Francis. **One of the characteristics of the life of St. Francis was caring**

**for and appreciating surrounding gardens, and environment. The animals present at our service seemed to enjoy it. In fact, the tune is so lovely and the message so right that we sang it again the next Sunday.**



**"All Things Bright and Beautiful" was written by a lady named Cecil Alexander, who started writing at a young age. She wanted**



**to present the truth in a manner so young children could understand them. She wrote several hymns which became the book, "Hymns for Little Children" that included "All Things Bright and Beautiful" and "Once**

**in Royal David's City" in 1872. She had an ability to connect with the child in each person who sang her hymns. We are including this song in our children's Sunday School curriculum so the next time we sing it, they will enjoy singing along with the adults in the service.**

**Singing, as a form of our worship is heartily encouraged, and we choose hymns that are both relatable to the Sunday lessons and beautiful.** Sometimes the congregation joins in the communion music by humming along. Our voices are given to us by God, and they are our first musical instruments. Gratefully, **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](mailto: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](mailto:tjslkin@aol.com) OR**

**Karen Bathgate at 360-792-1807 or [kbathgate@comcast.net](mailto: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**



# Serious Symptoms You Should Never Ignore

It's not always easy to determine when something's an emergency. These symptoms require medical help right away.

### **Trust Your Gut**

One of your most powerful tools is your own observation. Most of us have a sense for when a situation is dangerous. If your instinct or intuition tells you it's serious, call 911 or go to the nearest emergency room.

### **Chest Pain**

If you have chest pain or pressure that lasts more than a couple of minutes, or if it comes back, it's time to call 911. You shouldn't try to drive yourself or a loved one with these symptoms. The ambulance has special equipment and trained people who can help you more quickly.

### **Shortness of Breath**

If it happens suddenly and is keeping you from your everyday activities, have someone drive you to the emergency room. Call 911 if it's severe or if you also have nausea or chest pain or you pass out.

### **Vision Problems**

Call 911 if you suddenly have blurry vision, double vision, or loss of vision. That can be a sign of stroke or other serious illness. You also should call 911 if you have trouble seeing and have a bad headache, nausea or vomiting, numbness, weakness, dizziness, confusion, or trouble talking. If you have severe pain or irritation in your eyes, get emergency care as soon as possible.

### **Burns**

You can usually treat a minor first-degree burn -- redness, swelling, and pain in the first layer of skin -- at home. But get to the emergency room if the burn is on a large part of your hands or on your feet, face, buttocks, groin, or one of your big joints, like your knees or elbows.



## **Vomiting**

You should go to the emergency room if there's blood in the vomit or you have other symptoms, like severe headache or abdominal pain, confusion, or fast breathing or heart rate. A child younger than 6 should be seen right away if vomiting lasts more than a few hours or they have any signs of dehydration. Kids over 6 and adults should see a doctor if the vomiting lasts longer than a day or they have a high fever (over 101 F for adults and 102 F for kids).

## **Head Injury**

A bump on the head can be serious and need immediate medical care if you pass out, have a seizure, or have a headache that won't go away, persistent vomiting or nausea, slurred speech, or you feel confused, weak, numb, or less coordinated.

## **Deep Cuts**

If you can see yellow fatty tissue under the first layer of skin, you should go to the emergency room. It will need quick attention if it won't close or if it's on your face, neck, genitals, or across a joint. You should also go if you were cut with a dirty or rusty object, or you're bleeding badly or have a foreign object stuck in the cut.

## **Stomach Pain**

If it lasts more than 30 minutes -- especially if it's sudden and intense -- you should seek emergency medical care. Pain that doesn't get better or happens with vomiting could be something serious like an inflamed appendix.

## **Testicular Pain or Swelling**

This can be caused by an injury or infection, but it also can be a sign of serious problems in your abdomen. Get immediate care if the pain is severe or comes on quickly, or you have nausea, vomiting, fever, or feel a lump in your scrotum. The same is true if you still have pain an hour after an injury or your scrotum is red or swollen.

## **High Fever**

If a baby younger than 3 months old has a temperature of more than 100.4 F, they need to be seen right away. This is also true for a child between 3 months and 3 years old with a fever of 102.2 F and an adult who has a fever of 104 F or higher.

## **Confusion or Trouble Speaking**

These are two of the most common symptoms of stroke. Don't take any chances -- call 911 right away. Your treatment and recovery depend a lot on how fast you get medical care. Other stroke symptoms may include sudden problems walking or balancing, intense headache, drooping on one side of your face, and numbness or weakness on one side of your body.

## **Broken Bones**

If you think you have a broken bone, see a doctor as soon as possible. It's an emergency situation if a bone pierces your skin, or if the injured body part looks deformed or is numb or bluish. This also applies if the bone is in your neck, head, or back, or there's heavy bleeding.

## **Seizure**

If you've never had one before, are pregnant, or have diabetes, a seizure calls for emergency medical care. If you know you have a condition that causes seizures, follow your doctor's orders. But call your doctor if you start to have more seizures or have other symptoms along with them.

## **Vaginal Bleeding During Pregnancy**

It's not always a sign of something serious, particularly spotting or light bleeding in the first trimester, but you should note your symptoms and call your doctor. Get medical care right away if you have heavy bleeding or you also have cramping, dizziness, or pain in your belly or pelvis.

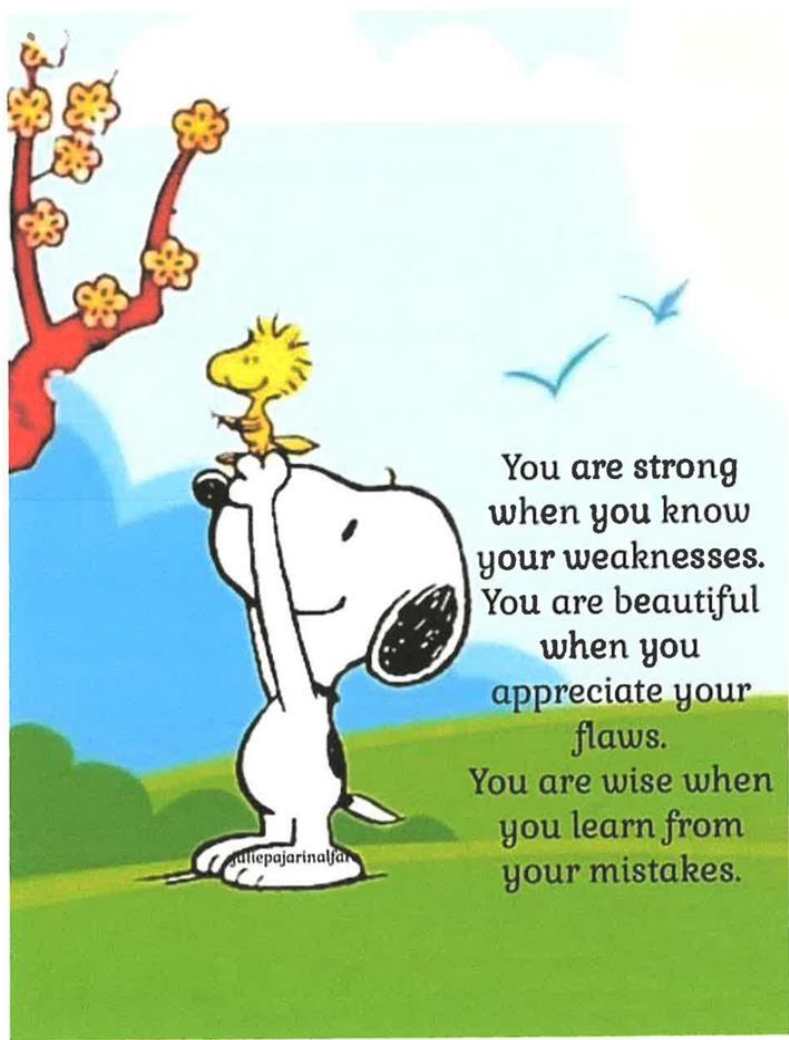
## **Special Case: Blood-Thinning Medications**

Even a minor injury can be serious if you take blood thinners. Call 911 if you have an injury and your heart rate or breathing becomes fast or you have trouble breathing, a headache, or feel sleepy, faint, or dizzy. Also, bruises that get larger or more painful may be a sign of internal bleeding and mean you should get emergency care.

As always, if you have questions about your health, it is always best to consult with your personal physician.

## **Ken and Mary Hulet, Parish Nurses**





You are strong  
when you know  
your weaknesses.  
You are beautiful  
when you  
appreciate your  
flaws.  
You are wise when  
you learn from  
your mistakes.

## **TIDINGS**

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**Supply Priests until we call a new**

**Spiritual Leader**

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

## **Services:**

*Sunday Holy Eucharist 10am*

*Wednesday Zoom Bible Study 11am.*

*We have resumed broadcasting  
using YouTube streaming.*

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



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.**