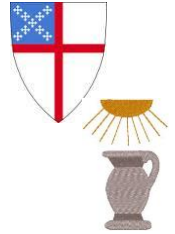




**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**DECEMBER, 2024**

***Special Events***

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

***Greening the Church – Sat. Dec. 7 at 10am***

***\*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 starting in the Parish Hall***

***Third Tuesday – December 17***  
***Christmas Potluck Luncheon***

***St Bede Family Kitchen – December 23***

## ST. BEDE FAMILY December Birthdays



3 Gary Ebbert	5 Jon Wilson
6 Sonya Vazquez	
9 Aidan Mills	9 London Mills
13 JoAnn Chance	16 Ken Hulet
18 Hannah Hopkins	20 Josh Wilson
31 Ron McAdam	



### GREENING OF THE CHURCH - December 7 We will start at 10am



We will hang our usual decorations and celebrate the start of Advent - preparing us for the coming of our Lord Jesus Christ at Christmas



*If you have any questions  
please contact Claire Fox at 360-509-9452  
or Kathleen at the church*



You are Invited to the  
**All Church Christmas Potluck Luncheon**  
The 3<sup>rd</sup> Tuesday lunch will be a Christmas  
Luncheon this month.  
**December 17, 2024 – 11:30 a.m.**  
***In the Parish Hall***

The group present at the November luncheon decided on a simple gift exchange for those who wish to participate.



\$10 minimum and bring a gift that you personally would like to receive.

A game will be played to exchange the gifts.

(Frequently people choose food or decorative gifts to exchange)



It will be potluck - bring a dish to share.  
Coffee, tea and water will be provided.  
We hope you will join us for a fun exchange.





**I wish to THANK YOU for all the Get Well Wishes, Cards, and Phone Calls I have received while recovering from my surgery.**

**I truly appreciate them and ALL of you.**

**I am recovering well and expect to be back “at my post” in another week or so, if the Doctor allows!**

**Thank you again and many Blessings on all of you.**

**Kathleen Ebbert (and Gary too), who has done an amazing job of taking care of me.**

## **FAMILY KITCHEN**



**St Bede Family Kitchen crew prepared and served spaghetti, green beans, spinach mandarin orange salad, garlic toast, pumpkin pie with whipped cream on Monday, November 18.**



We got many compliments on our dinner.

We did have leftovers which we shared at church on Tuesday's brown bag lunch. As always, I need to acknowledge my wonderful group of hardworking volunteers. We were thrilled to be joined by Lizzy, and hope she continues to come. Nice to have a young lady there with all us elders! **Our next meal will be on December 23.**



Respectfully submitted,

**Fran Valley**



# OUTREACH REPORT

## Outreach Committee Meeting November 12, 2024

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

The Meeting was called to order at 10:00 by Arthur Ferguson and opened with a prayer by Don Little.

### Review: October's recipients of \$100 each.

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



After some discussion we decided on November's recipients of \$100 each.

a. South Kitsap Fire and Rescue



b. Kitsap Recovery Center – Port Orchard



c. Retsil Veterans Fund



Arthur will contact KRM about a speaker. Sarah will contact Coffee Oasis about the Giving Tree. Fran Valley will contact Mercy Mobile (Kitsap County) for our next meeting. Sarah Yergin suggested Coffee Oasis and St. Vincents for December giving.

Our next meeting will be held on December 10, 2024 at 10:00am.

The meeting was closed with a prayer led by Sarah Yergin.

**Blessing,**

**Arthur Ferguson, Outreach Chair**



## STEWARDSHIP REPORT

**WALK IN LOVE - is the theme of our 2025 Annual Fund Drive at St. Bede's.** The Stewardship Committee invites you to pray about the journey you make with our congregation - our spiritual home. We are companions for each other as we navigate the ups and downs of our shared lives. It is a walk of love that we make with each other.

This year, we can be inspired by the ways we accompany and embrace each other in our walk of love. We care for and pray for the sick among us. We gather to share our spiritual lives. We help to feed and assist our hungry and needy neighbors. We work to make St. Bede's a stronger part of the body of Christ in our community. *This is what it means to be in community with each other - this is what walking in love looks like.*



On Sunday, December 22, we will offer our pledges or contributions to be blessed at the altar. When we place our gifts on the altar, we bring our whole selves and share the best part of our love and labor. As you consider what you will share with St. Bede this year, we invite you to give thanks for the many people who have walked with you in love, supported you in your faith and shared their gifts with you. Consider this as you fill out your pledge/contribution form.



**Please return your form (put in collection plate or via mail) on or by December 22 so we can have a true representation of our community and our commitment.**

**Clare Fox, Stewardship Chair**

## 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**



## PARISH NURSES



## The Truth About Gray Hair

Why do some people go gray earlier than others? Can you really go gray overnight? What's the best way to care for gray hair?

### All the Shades of Gray

It's said a woman's hair is their crowning glory. Sooner or later, that crown will start to gray. You now face a decision. Banish gray hair with dye, or rock a silver mane? Whichever you pick, know the facts about your gray strands to keep your hair looking and feeling its best.

### Science of Grays

Your hair follicles have pigment cells that make melanin, a chemical that gives your hair its color. As you age, these cells start to die. Without pigment, new hair strands grow in lighter and take on various shades of gray, silver, and eventually white. Once a follicle stops making melanin, it won't make colored strands again.

### When and Why It Happens

You might blame your stressful job or your unruly teens for your grays. But it's mostly your genes that dictate how early and how quickly it happens. So, if either of your parents had a full head of gray hair in their 30s, there's a good chance you will, too.

**How Race Plays a Role** On average, white people start to gray in their mid-30s. Asians start in their late 30s. And African Americans usually don't see color changes until their mid-40s.



## What's Premature Gray?

Some people go gray 10 or more years earlier than the average person does.

It's premature if you're gray before:

- 20 if you're white
- 25 if you're Asian
- 30 if you're African American

## Do Health Problems Turn Hair Gray?

They could. These conditions include:

- Lack of vitamin B<sub>12</sub>
- Certain rare, inherited tumor conditions
- Thyroid disease
- Vitiligo, a condition that destroys pigment-making cells in the scalp

Alopecia areata causes patches of hair (usually ones with color) to fall out.

This can look like sudden graying because the hair that's left is gray or white. When your hair regrows, it could be gray, white, or your normal color.

## Does Stress Make You Go Gray?

Not directly. But it can cause a condition that causes your hair to shed about 3 times faster than normal. It's possible that when your hair grows back, it's gray instead of your original color.

## The Smoking Link

Lighting up affects your body from head to toe. That includes the hair on your head. One study showed that smokers are 2 1/2 times more likely to gray before age 30 than nonsmokers. It also can make silver gray look yellow.

## To Pluck or Not to Pluck ...

There's an old wives' tale that says if you pluck a gray, three will grow back. That doesn't happen. Still, don't pluck. You're just delaying the inevitable -- another gray strand will replace it. Besides, pulling hair out can damage follicles so much, they no longer grow hair. This can make your mane look thin over time.

## Do Grays Feel Different?

Gray hair is thinner than hair with natural color because its cuticle is thinner. Your hair needs that natural protection from water, ultraviolet rays from the sun, humidity, chemicals, and heat styling. Without that barrier, your hair loses water. So, your gray will feel dry, fragile, and coarse. African American hair tends to be more prone to damage, compared to that of Asians and whites.

## Tame Those Tresses

Moisture treatment and hair oils can fight dull, dry grays. Anti-frizz products can help, too. Heat and light from lamps or the sun can "bleach"

gray hair and make it look yellow. Ask your stylist how to prevent this. A purple-toned shampoo can help keep your tresses a vibrant silver.

### **Special Care for African American Hair**

Black people's hair usually is thinner, drier, and breaks more easily, compared to hair of people of other races. So, comb and otherwise treat it gently, especially if you use chemicals to relax your hair. Add moisture with a light conditioner that penetrates your hair shafts, instead of lanolin or other oily treatments that simply coat the strands.

### **No-Dye Camouflage**

If you're sporting just a few gray hairs, you can hide them if you get creative. Wear a pretty headband. Or switch up your hairstyle -- part it where there is less gray. If you have long hair, wear an up-do to hide gray roots.

### **Or, Just Dye It!**

You can do it yourself with a box from the drugstore. Look for products designed for gray hair. Permanent dye will better cover stubborn roots than semipermanent color. If you can afford it, opt for a color treatment at your local salon. If some of your grays won't take in the color, try using a lighter shade that will blend in with the grays.

### **Herbal Cover-Up**

If you worry about the damage from chemical dyes, consider using natural henna. It can add red, brown, or black sheen to any textures of hair. Powdered pigments from the leaves of the henna plant can work well to camouflage your gray roots.

### **Go Au Naturel**

If you're ready to ditch the dye, you can go gray gracefully while it grows out. Ask your stylist how much gray you actually have. If it's a lot, you can go lighter through highlights to minimize grow-out. Or, you can switch from a permanent color to less opaque demi color, which can make your gray strands mimic highlights and blend in better with the rest of your hair.

### **Get the Right Cut**

Rock a great cut with lots of style and texture, and get a trim every 6-8 weeks. Women who are 100% gray often wear their hair short. But consider long layers. They can be beautiful and add movement to healthy, bouncy hair.

Enjoy the new look. Remember, graying may indicate aging but aging should also denote wisdom.

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



To the people in my life,  
who make me smile, love me,  
support me, and bring me joy,  
Thank you.



## **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 steaming.*

*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.**