



The Venerable
Bede

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

MARCH, 2025

Special Events

Come and worship with us on Sundays at 10am
We are broadcasting on 'You Tube'

Shrove Tuesday Pancake Supper
Tuesday, March 4 at 5:30pm

Ash Wednesday, March 5
Services 12 noon and 7pm

Soup Suppers will start on
Wednesday March 12 until April 9. 6-8pm

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

Outreach – 2nd Tuesday – March 10 at 10am

Brown Bag Lunch -Third Tuesday – March 18

St Bede Family Kitchen – March 24



ST. BEDE FAMILY March Birthdays

**3 Sandra Rosenquist
6 Nancy Crowe
7 Evelyn Gunderson
11 Olivia Hargrave
14 Don Little
19 David Handren
28 Chris Blum
31 Wendy Bathgate**

SENIOR WARDEN REPORT



As we start another year, I am looking forward to serving the congregation as the new Senior Warden. Our congregation has appointed 3 new Bishop's Committee Members who I am looking forward to working with. We had our first Bishop's Committee Meeting, which was very productive.

So far we have had an active month in the church. We are welcoming new people, which has been one of our goals as in previous years.

We are still actively looking for a halftime priest. Our new Bishop Phil LaBelle and his Canon to the Ordinary, Cristi Chapman are actively helping us with this task. We have to be very patient, as we want to find the right person to lead our congregation.

The Altar Guild is looking for new people to join this group, which is very rewarding. Training is provided. If you are interested, please contact Karen Bathgate or myself.

I am looking forward to a very productive year in our church.
Many Blessings, **Geraldine Liborio.**



JUNIOR WARDEN REPORT

I am finishing up on the bids for roof repairs, painting of both buildings, Bob Jones' cross, ramp and parking lot repairs. I hope to be able to submit for funding by the next Bishop's Committee meeting.

Tom Huffman

SHROVE TUESDAY PANCAKE SUPPER



**Tuesday, March 4
at 5:30pm
in the Parish Hall.**



LENT SOUP SUPPERS



**will be held on Wednesdays during Lent
March 12, 19, 26, April 2 and 9
at 6pm in the Parish Hall**

**Soup will be followed by
Reflections and Discussion
on the book
"Savior, Servant, and Friend"
by A. Trevor Sutton**



STEWARDSHIP REPORT

As we settle into the new year, **I want to take a moment to thank everyone, again, who contributed to the Annual Fund/Pledge Drive at St. Bede's and all the others who also give of their treasure, talents and time.**

While it is true that the 2025 Annual Fund Drive resulted in about 600 less than in 2024, and did not cover ALL of St. Bede's expected budget, we also know that there are plenty of generous folks who are members or friends of St. Bede, who can help us fill in the gaps.

One way to help fill in the gaps is the keep on keeping on with collecting your coins/bills in a St. Bede collection "can". If you have one, try adding to it again. If you need one, please see someone from the Stewardship Committee and we can get you one.



Just by putting coins in MY St. Bede's collection can I collected close to \$46.20 over seven months. Moreover, I now have a benefit from my credit union for FREE coin counting. Now I can get the specific count and have the credit union send a check to St. Bede's via "Bill Payer". Check at your financial institution!

This is a nice and easy way to do it! However, if you need to bring your coins into St Bede to be counted, go ahead, bring them by, and we will take care of it and credit your contributions (s).

These smaller contributions can help St. Bede's to fill that gap! We can keep St. Bede's growing as a stronger part of the body of Christ in our community. **Clare Fox, Stewardship Chair**



COFFEE and GROUNDS

It has been a slow month – weather has just been awful for any kind of activity.

Tom Huffman

FAMILY KITCHEN



St Bede Family Kitchen crew made and served baked breaded chicken drumsticks, Mexican rice, green beans, tossed green salad with tomatoes, chocolate pudding and Sarah's mystery cookies for dessert.

Our guests expressed their appreciation for the good meal. The turnout was lower than usual, maybe due to it being a National Holiday. **Our next meal will be on March 24.**



I wish to thank our wonderful crew again for all their work.

Fran Valley

PARISH MONTHLY LUNCH

The Brown Bag Lunch is held monthly in the Parish Hall at 11:30 on the 3rd Tuesday of the month. The March Luncheon will be held on Tuesday March 18. ALL are invited to this time to enjoy getting to know each other better through casual conversation.

Bring your own lunch, beverages are available. Sometimes there is a treat or extra food dish is to enjoy as well.

OLIVE CREST

Strong Families, Safe Kids

This is also an opportunity to support the Olive Crest Project for Foster Children leaving the system and beginning independent life, by bringing a donation of food for an apartment pantry.

For other donations of household goods, please check with Karen Bathgate – 360340-6705 or kbathgate@comcast.net
We hope to see you at the Lunch.

Mary Ann Balyeat



OUTREACH REPORT

Outreach Committee Meeting
December 10, 2024

Attendees: Arthur Ferguson, Karen Bathgate, Bev Dawson, Mary Ferreira, Fran Valley, Sarah Yergin.

The Meeting was called to order at 10:00 by Arthur Ferguson and opened with a prayer. The committee went over last month's giving and the Minutes. They discussed the return check from Kitsap Recovery Center, so spoke with Sirena, our bookkeeper, and we will have the check resent to the correct address.

Sarah Yergin is to contact Coffee Oasis regarding the Giving Tree and all the things they may need.

Fran Valley will once again try to contact Mercy Mobile, who take food to homeless camps in the Kitsap area.

Review: December's recipients of \$100 each:

1 Backpacks for kids

2 SK Helpline

2 Coffee Oasis



We ended the meeting around 11:30am.

Respectfully submitted, **Arthur Ferguson, Outreach Chair.**

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

We continue to sing music that fits the Liturgy. During Epiphany, a favorite was “We thee kings of orient are.”

In the history of the church, when dignitaries visited, there would be a new piece of music composed by the music directors. **We chose our most beautiful songs when our newly elected Bishop, Philip LaBelle visited, and he sang along with us, as can be heard on the ‘You Tube’ live stream of the service.**

The Psalm with the words “Oh, how lovely is thy dwelling place”, led me to our hymns of that name and a beautiful interpretation of the same words by Johannes Brahms, in his ‘Requiem’. Many of us, including the visitors, sang the beautiful gospel hymn, “Let us Break Bread together”, in a contemporary style.

We continue to plan for special music, ancient and contemporary, and we invite you to share your favorites. Kathleen, Nancy, and I consider the options as pertaining to our Episcopal liturgy, discuss the ‘sing ability’ of the song and the meanings of the lyrics. The Rev. Sharp is also consulted for his wide range of knowledge.

Thank you for this opportunity, 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



PARISH NURSES

What Are Your Feet Trying to Tell You?



You may think your feet hurt because of your shoes, but a stress fracture, osteoporosis, or one of these other health problems may be to blame.

Cold Feet, Many Culprits

If your toes are always cold, one reason could be poor blood flow -- a circulatory problem sometimes linked to smoking, high blood pressure, or heart disease. The nerve damage of uncontrolled diabetes can also make your feet feel cold. Other possible causes include hypothyroidism and anemia. A doctor can look for any underlying problems -- or let you know that you simply have cold feet.

Foot Pain

When feet ache after a long day, you might just curse your shoes. After all, eight out of 10 women say their shoes hurt. But pain that's not due to sky-high heels may come from a stress fracture, a small crack in a bone. One possible cause: Exercise that was too intense, particularly high-impact sports like basketball and distance running. Also, weakened bones due to osteoporosis increases the risk.

Heel Pain

The most common cause of heel pain is plantar fasciitis, inflammation where this long ligament attaches to the heel bone. The pain may be sharpest when you first wake up and put pressure on the foot. Arthritis, excessive exercise, and poorly fitting shoes also can cause heel pain, as can tendonitis. Less common causes include a bone spur on the bottom of the heel, a bone infection, tumor, or fracture.

Dragging Your Feet

Sometimes the first sign of a problem is a change in the way you walk -- a wider gait or slight foot dragging. The cause may be the slow loss of normal sensation in your feet, brought on by peripheral nerve damage. About 30% of these cases are linked to diabetes. Nerve damage also can be due to infection, vitamin deficiency, and alcoholism. In many cases, no one knows what caused the nerve damage. Other possible causes for foot dragging include problems with the brain, spinal cord, or muscles.

Swollen Feet

This is usually a temporary nuisance caused by standing too long or a long flight -- especially if you are pregnant. In contrast, feet that stay swollen can be a sign of a serious medical condition. The cause may be poor circulation, a problem with the lymphatic system, or a blood clot. Other conditions can also cause swelling. If you have persistent swelling of your feet, see a physician.

Burning Feet

A burning sensation in the feet is common among diabetics with peripheral nerve damage. It can also be caused by a vitamin B deficiency, athlete's foot, chronic kidney disease, poor circulation in the legs and feet or hypothyroidism.

Sores That Don't Heal

Foot sores that will not heal are a major warning sign for diabetes. Diabetes can impair sensation in the feet, circulation, and normal wound healing, so even a blister can become a troublesome wound. Those sores also are prone to infection. Diabetics should wash and dry their feet and check them for any wounds every day. Slow healing of sores also can be caused by poor circulation from conditions such as peripheral artery disease.

Pain in the Big Toe

Gout is a notorious cause of sudden pain in the big toe joint, along with redness and swelling. Osteoarthritis is another culprit that causes pain and swelling. If the joint is rigid, it may be a condition called hallux rigidus, a complication of arthritis where a bone spur develops. Finally, turf toe is an ailment of athletes, particularly those who play on hard surfaces. It's caused by an injury to ligaments surrounding the joint.

Pain in the Smaller Toes

If you feel like you're walking on a marble, or if pain burns in the ball of your foot and radiates to the toes, you may have thickening of tissue around a nerve, usually between the third and fourth toes. It is eight to 10 times more common in women than in men. It is caused by injury or too much pressure on the toes.

Itchy Feet

Itchy, scaly skin may be athlete's foot, a common fungal infection. A reaction to chemicals or skin care products -- called contact dermatitis -- can cause itching, too, along with redness and dry patches. If the skin on itchy feet is thick and pimple-like, it may be psoriasis, an over-reaction of the immune system. Medicated creams can relieve the symptoms.

Foot Spasms

A sudden, sharp pain in the foot is the hallmark of a muscle spasm or cramp, which can last many minutes. Overwork and muscle fatigue are common causes. Other causes include poor circulation, dehydration, or vitamin or mineral imbalances in the body. The changing hormone levels of pregnancy or thyroid disorders may play a role. If spasms are frequent or severe, see a doctor. Strengthening exercises can help with muscle fatigue.

Yellow Toenails

Your toenails tell a lot about your overall health. A fungal infection often causes thickened yellow toenails. Thick, yellow nails also can be a sign of an underlying disease, including lymphedema (swelling related to the lymphatic system), lung problems, psoriasis, or rheumatoid arthritis.

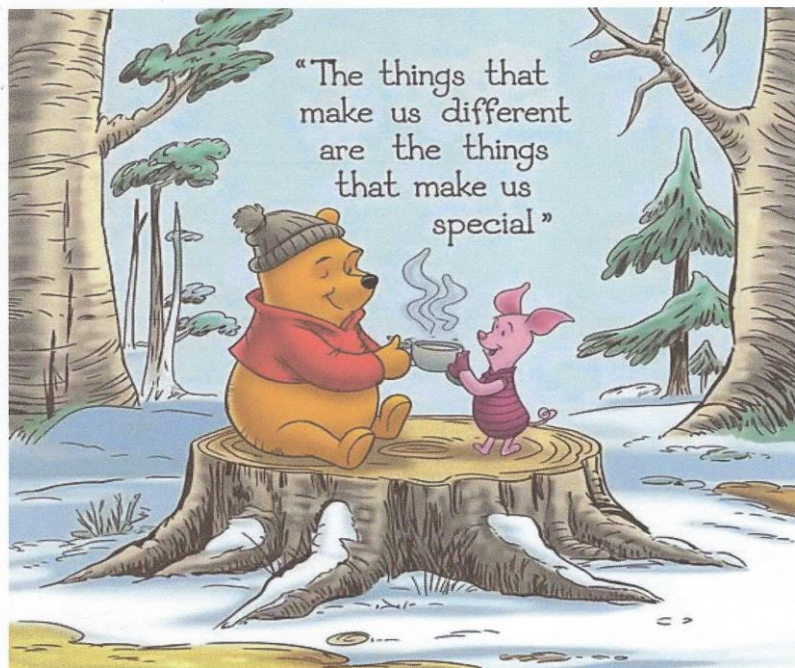
Pitting of the Nails

Pitting, or punctured-looking depressions in the surface of the nail, is caused by a disruption in the growth of the nail at the nail plate. It affects as many as half of people with psoriasis.

It is worth it to invest in good, supporting, solid shoes. If you are exercising it is even more important that you wear the proper shoe. Do not try to diagnose yourself. If you have concerns, please pay a visit to your primary physician or podiatrist. Treat yourself to a pedicure, especially if you have trouble cutting your own toenails. Foot health can make a great difference in your quality of living and the activities you choose.

Ken and Mary Hulet, Parish Nurses





Friendship
isn't about who you've
known the longest.
It's about who walked into
your life,
said "I'm here for you"
and proved it.

Lessons Learned In Life



TIDINGS

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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 streaming.*

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



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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.**