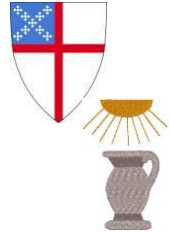




**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**APRIL 2025**

***Special Events***

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

***Soup Suppers continue on***  
***Wednesdays until April 9. 6-8pm***

***PALM SUNDAY – 10am service***  
***Maundy Thursday 7pm & Foot washing***  
***Good Friday noon and 7pm & Stations***  
***Easter Day – 10am Service***

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

***Outreach – 2<sup>nd</sup> Tuesday – April 8 at 10am***

***Brown Bag Lunch -Third Tuesday – April 15***

***St Bede Family Kitchen – April 21***



Happy Birthday!

## ST. BEDE FAMILY

### April Birthdays

<b>4 Elizabeth Mart</b>	<b>5 Terry Little</b>
<b>7 Jim Drummond</b>	<b>7 Micah Hargrave</b>
<b>7 Jacob Wilson</b>	<b>9 Geri Goebel</b>
<b>14 Linda Beetz</b>	
<b>15 Mark Williamson</b>	<b>19 Bev Dawson</b>
<b>28 Matteo Nanni</b>	<b>28 Katie Nanni</b>



## JUNIOR WARDEN REPORT

The B.C. approved the quotes for the roof shingles and painting on both buildings and parking lot repairs. The sink hole will finally be filled. Now we are waiting for the Diocese to approve the request to release the money from our investment fund. The summer months will be busy with all the projects being completed. We will also have the ramp redecked with Trex because the plywood is water soaked and soft, which is a safety issue.

I'm hoping to get some volunteers to help with the gardens. The garden next to the church (West side) is really in need of some help. The wooden form around the garden has rotted away. Perhaps we can move it to the flagpole area, where it can be seen by all and enjoyed when in bloom.

**Tom Huffman**



## LENT SOUP SUPPERS

**Continue on Wednesdays during Lent  
March, 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**

*Palm Sunday, Holy Week,  
and Easter Day*

***PALM SUNDAY, April 13 – 10am Service***

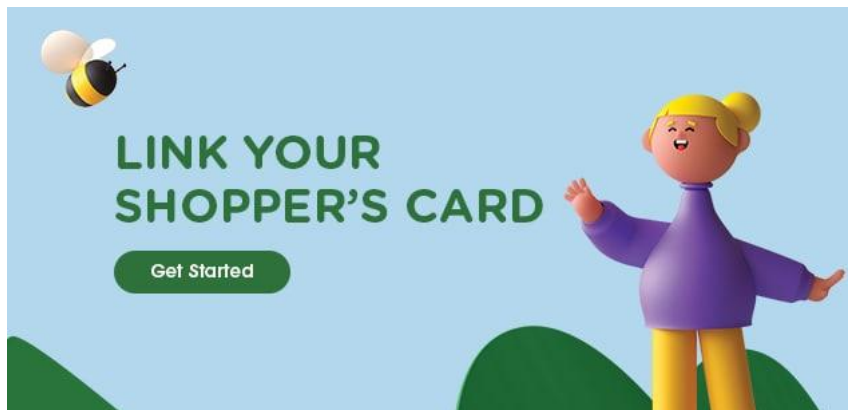
***MAUNDY THURSDAY, April 17  
– 7pm Service with Foot Washing***

***GOOD FRIDAY, April 18***

***Cross Walk - First Lutheran at 10:30am  
St Bede Services at 12 noon and 7pm  
Stations of the Cross at both services***

***EASTER DAY, April 20 – 10am Service***

**FRED MEYER COMMUNITY REWARDS**



**Link your rewards card with St Bede Episcopal Church on Fred Meyer Community Rewards. Every time you shop you are helping earn a donation. You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today. Our Community Rewards reference is RE860.**

# Spring Fling

**SPRING FLING 2025**  
**June 6<sup>th</sup> and 7<sup>th</sup>**  
**9am to 3pm**

Now that Spring is officially here, it is time to start, once again, thinking about Spring Fling. As you do your Spring cleaning this year, please keep St Bede and this important event in mind. When considering what to donate, please think of items you would re-gift to a friend or family.

**We are unable to take baby car seats, change tables, cribs, used underwear or bicycle helmets for safety and health reasons. TVs, electrical items, etc, must be working and will be decided at the time of donation.**

We like to receive kitchen items, bedding, linens, books, DVDs, crafts, clothing, shoes, gardening items and tools are all great donations to our fund raiser. We also gladly accept home canned items and plants.



**Let's make this our best Spring Fling yet!**

**Jami Bledsoe**

## STEWARDSHIP REPORT

We are in the process of reforming the Stewardship Committee. We should have more to report next month. **Please contact Don Little at 425-443-3244**, if you feel called to serve on this committee.

**Don Litte**



## COFFEE and GROUNDS

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

**Tom Huffman**





## FAMILY KITCHEN

On Monday March 24th St Bede's Family Kitchen crew made breaded baked Whiting



fish with our homemade tartar sauce, pasta Alfredo, Mexi-corn, coleslaw, and peach crisp with whipped cream for dessert.



Our guests loved our dinner, expressing their appreciation. One lady asked for our recipe for the Mexican rice we had served last month.

My sincere gratitude to all our volunteers for their hard work, with a positive attitude as well



**Our next meal will be on April 21.**

**Fran Valley**

## MONTHLY BROWN BAG LUNCH

**The Brown Bag Lunch is held monthly in the Parish Hall at 11:30 on the 3<sup>rd</sup> Tuesday of the month. The April Luncheon will be held on Tuesday April 15.** 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 to enjoy as well.**

We hope to see you at the Lunch!

**Mary Ann Balyeat**

**OLIVE CREST**

Strong Families, Safe Kids

**This is an opportunity to support the Olive Crest Project for Foster Children leaving the system and**

**beginning an independent life, by bringing a donation of food for an apartment pantry.**

For other donations of household goods, please check with:  
**Karen Bathgate – 360340-6705or kbathgate@comcast.net**

**Karen Bathgate**



## OUTREACH REPORT

### Outreach Committee Meeting March 11, 2025

Greetings to all our St Bede Family. On March 11, 2025, we held our monthly Outreach Committee meeting. At this meeting, I allowed myself to be our chairperson for this wonderful program.

I am asking this great congregation to join us on the 2nd Tuesday of each month at 10am in the Parish Hall.

Bring new ideas and share stories. Sarah Yergin, bless her heart, always provides a goody! **Attending our March meeting were Karen Bathgate, Sarah Yergin, Margo Spence, Fran Valley, Don Little and myself – Bev Dawson.**

Each month we are given \$300 to send to 3 different groups. This month we gave \$100 to each of the following:

**ERD for California disasters**

**ERD for N. Carolina**

**South Kitsap Helpline**



So, I am encouraging you, and asking for new ideas, new people, and new stories.  
**Bev Dawson, 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!**

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



## MUSIC at ST. BEDE

Music is therapeutic and we need some help these days. So, one of the choices we have is to search our prayer words and tunes for calm diversion and direction. **The hymns in our "Hymnal of 1980" are often ones that have been written during tough times in the 1630's and in the 1930's.**

During Lent we are singing a familiar tune, "Land of Rest" to which different words have been substituted: **"Come away from rush and hurry to the stillness of God's peace", by Marva Dawn.** The tune itself was renamed, "Beech Spring". Nancy and Mike Crowe are giving us a short duet of this before the Procession. Then the congregation is invited to follow the handout in the bulletin and sing along with them.

**As I sit at the organ near the altar, you, the congregation, sing beautifully together and it's a happy sound.**

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)**



## PARISH NURSES

**How Often Should You Shower, Really?**



Showering too much and not showering enough can both cause health issues. So how many times per week is ideal? The answer depends on these things.

Regular bathing is obviously a healthy habit. So, an extra shower a day may seem like *more* of a good thing. After all, showers clean your body. And cleaner is better, right?

Well, not necessarily. It might be *too much* of a good thing. **You want to shower enough to keep yourself clean (and not too smelly), but not so much that you dry out your skin and strip off its natural protective layer.**

So how often should you bathe? Though your family and friends may beg to differ, it might not be as often as you think.



## What Happens When You Shower Too Much?

Normal skin has a protective layer of oil and a balance of “good” bacteria that help protect your skin from dryness and germs. If you clean it too often, especially with harsh soaps and lots of scrubbing, you can strip away this layer, leading to dry, irritated, itchy skin. This can cause cracks in the skin that allow germs and allergens to get through resulting in skin infections or allergic reactions.

In addition, your body’s immune system needs some stimulation from germs, including those that live on your skin. If you scrub them away too quickly, your body doesn’t have a chance to produce the antibodies that protect against them.

Antibacterial soaps can actually add to this by killing off the natural bacterial protection against more infectious germs on the skin that are harder to treat. This can make an even bigger difference in kids as their bodies develop. That’s why some pediatricians and skin doctors recommend against bathing children every day.

## What Happens When You Don’t Shower Enough?

Well, your friends, family, and co-workers might let you know about the most obvious problem first: the odor. Though there isn’t anything normally unhealthy about walking around with a strong body odor, it might not be good for building healthy relationships with people at home, school, and work.

But there are also some health and skin issues that can arise. The buildup of oils can cause a buildup of the bacteria that causes acne. Dirt and dead skin can add to the problem by clogging pores. Bottom line: Too little bathing could mean more pimples. The buildup of oils can cause other skin problems too: the flaking away of skin on your scalp ([dandruff](#)), and flareups of existing skin conditions like eczema.

## How Many Showers Per Week?

There’s no one-size-fits-all answer to this question. Many doctors say a daily shower is fine for most people. (More than that could start to cause skin problems.)

But for many people, two to three times a week is enough and may be even better to maintain good health. It depends in part on your lifestyle. Someone who spends hours in the hot sun working in the yard or running or biking, will likely need to bathe more often than someone who’s cool and

indoors. There are other factors, too. If you have certain allergies or especially oily skin, it may be a good idea to shower more often. On the other hand, it might be better for people with certain skin conditions to keep showers to a minimum.

It also depends on how long you spend in the shower (or bath)

### How Long Should You Shower?

Not all bathing is created equal. A quick daily rinse is not the same as a marathon hour-long shower or soak in the tub. The more time you spend in the water, the worse the effects can be on your hair and skin.

Shoot for 3 to 5 minutes and concentrate on the important body parts: armpits, groin, and face. You don't have to scrub every inch of skin unless you've been rolling in the dirt.

And most people don't need to shampoo every day either. About 2 to 3 times a week is plenty for most types of hair. Though you may need to do more if your hair is especially oily.

The temperature of the water makes a difference too. Hot water may feel good when it's cold outside, but it's more likely to dry out your skin and make it itchy. Try to keep the water temperature closer to warm than hot.

Fragrances and scents can pull moisture out of your skin, too. So, look for gentle soaps and cleansers. You can even seek out those with labels like "gentle cleanser," "for sensitive skin," or "hypoallergenic."

Limit the drying effects by patting yourself dry with a towel instead of rubbing and then put on a fragrance-free moisturizer. For best effects, put the moisturizer on within 3 minutes of getting out of the bath or shower.

**I know this may raise more questions but use common sense. Remember, all things in excess may lead to problems. If you develop problems or have questions, be sure to consult your physician.**



**Ken and Mary Hulet, Parish Nurses**

*It is Okay  
to not be okay...*



*Some days are just harder than others.*

**Something to Remember:**

*“Life is not a problem to be solved.  
It is a mystery to be lived.”*

*Marcel*

## **TIDINGS**

*Published monthly by*

**St. Bede Episcopal Church  
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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.**