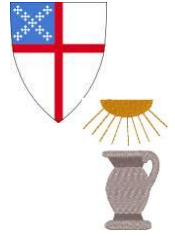




**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

MAY 2025

Special Events

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

SPRING FLING
will be on Friday and Saturday,
June 6 and June 7

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

Outreach – 2nd Tuesday – May 13 at 10am

St Bede Family Kitchen – May 19

Brown Bag Lunch -Third Tuesday – May 20



ST. BEDE FAMILY

May Birthdays

- | | |
|--------------------|-----------------|
| 4 Mike Crowe | 8 Cathy Jackson |
| 10 Barbara O'Hearn | |
| 12 Darrell Gee | 14 Glenn Proud |
| 17 Ashley Cameron | |
| 22 Judy Drummond | 22 Laurel Stone |
| 23 Carol Parsons | |
| 30 Katie Thomasson | |



JUNIOR WARDEN REPORT

We will be starting on the project list soon for the Church, Fellowship Hall and parking lot. There will be some slight disruptions while the projects are being completed, throughout the summer.

The B.C has also approved the new garden area around the flagpole. It's to be a Memorial Garden for our Veterans. I hope to receive some ideas and donations for a monument, reflecting on the sacrifice of our veterans for our freedom. We will need some help with the construction.

Tom Huffman



COFFEE & GROUNDS MEN'S GROUP

There is preparation that we must do before the painters start work. Trimming back of the bushes that are up against the buildings.

Extra help is always appreciated. Also help with the Memorial Garden. **Remember we are meeting on the second and fourth Thursday of the month at 10:00am.**

Tom Huffman

Spring Fling

SPRING FLING 2025
June 6th and 7th,
9am to 3pm

Spring Fling is almost upon us, once again. It is a busy, but exciting time in our yearly calendar. **We will hold a meeting at the monthly Brown Bag Luncheon, Tuesday, May 20 to finalize the jobs that need to be done.** We will soon have sign-up sheets in the Parish Hall for all the fun jobs available.

The week before Spring Fling, is when the real work begins. **We will start unboxing and sorting items beginning Wednesday, June 4th, and continue Thursday, June 5th, starting at 10 AM both days.** We should finish by 2 PM.



You may drop off any items you are donating on both of those days. If that is not possible, please talk to Kathleen and make arrangements for a different time.

Please remember when donating items that we need items that are re-giftable. We take clothes, toys, shoes, kitchen and household items. Especially appreciated are men's 'toys'.

People are looking for both hand and electrical tools, as well as recreational items such as fishing, boating, etc. We can also take baked and canned goods.



We look forward to seeing everyone pitch in for our first fundraiser of the year! Remember, we offer a hot dog lunch with chips and drinks for our workers both days of the sale.

We look forward to seeing you at the Brown Bag Luncheon, Tuesday May 20 and June 4th for the start of the unboxing of all donations.

Jami Bledsoe



STEWARDSHIP REPORT

St. Bede Stewardship Committee met on Sunday, April 6. Those attending were: Don Little, Chris Blum, Skye Haeffele, Cathy Jackson, Mark Williamson. Absent: Sarah Roselli.

Calendar of events for 2025:

1. The Stewardship Committee will meet on the first Sunday every month after coffee hour.
2. Memorial Day celebration May 25, 2025
3. Summer Picnic, July 27, 2025
4. Homecoming, September 14, 2025 – put out canisters
5. Oktoberfest, October 12, 2025 – German Food
6. November – Stewardship letter goes out with pledge form with testimonials on how it is used.

Submitted by **Chris Blum, Secretary**

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.



OUTREACH REPORT

Our monthly meeting was held on

Tuesday April 8. Those attending were

Karen Bathgate, Kathleen Ebbert, Mary Ferreira, Margo Spence, Fran Valley and myself, Bev Dawson.

We were fortunate to have a wonderful **guest speaker, Robin Lund, from Kitsap Rescue Mission.** Her talk was outstanding and full of knowledge. She was very upbeat, and you could tell she really enjoyed her work. **Kitsap Rescue Mission is now on Mile Hill in Port Orchard, and contains 75 beds, a full kitchen, Medical Staff and good resources for their guests.** Eventually they will be opening a house for about 10 to 12 women here in Port Orchard.



We voted to donate:

\$200 to Kitsap Rescue Mission

\$100 to South Kitsap Helpline



I will be searching for another guest speaker for our May 13 meeting. So, please join us. Bring your ideas or just come for a visit.

Bev Dawson, Chair.



FAMILY KITCHEN

On Monday April 21, St Bede's Family Kitchen crew cooked and served baked chicken, mashed potatoes, gravy, peas and carrots, tossed green salad, corn bread, and brownies. As grocery prices continue to rise, I anticipate that our number of guests will also rise.



Please know that anyone wishing to join in this ministry is welcome. Your help will be appreciated. **Our next meal will be on May 19**

Love in Christ, **Fran Valley**



MONTHLY BROWN BAG LUNCH

The Brown Bag Lunch is held monthly in the Parish Hall at 11:30 on the 3rd Tuesday of the month. The May Luncheon will be held on Tuesday May 20. 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 a treat or extra food dish is available 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 – 360340-6705 - or kbathgate@comcast.net

Karen Bathgate

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

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 \$10 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

13 best times to Drink Water.



Your body needs a certain amount of water function, but there are specific situations when a glass is especially helpful. Some of these suggestions may surprise you.

When You Think You're Hungry

You might really be thirsty. Most people don't realize they're actually thirsty when hunger seems to strike. The brain recognizes these triggers as the same. So before you hit the pantry, drink some water first. Then give it a few minutes to see if it satisfies the urge to eat.

When You Wake Up

First thing in the morning is one of the best times to hydrate. Your body has gone through a long fast. For a simple jump start, squirt half a lemon in your first glass of a.m. water for a bright boost of antioxidant phytonutrients, vitamin C, and potassium.

Whenever You Sweat

Anything that makes you sweat -- a sauna or a hot tub, time outside on a hot, muggy day -- will cause your body to lose fluid. Ditto with exercise. As your muscles warm up, your body perspires to cast off heat. You'll need to cool down with lots of water.

Before, During, and After Exercise

You need lots of water to replace what you sweat out. How much? Before you work out or spend time outside, fill up your bottle with 16 to 20 ounces of H₂O. Drink 6 to 12 ounces about every 10-15 minutes while you're active. Afterward, drink up again -- another 16 to 24 ounces.

When You're Sick

Hydration is key to healing when you're sick. Symptoms such as diarrhea, vomiting, and fever can cause extreme water loss. At the first sign of illness, drink lots of water, especially if you're not hungry. Stay away from alcohol and caffeinated drinks. They'll dry out your system even more.

When You're on a Plane

Ever wonder why you get so parched and thirsty when you fly? It's all about altitude. The higher the plane goes, the drier the cabin air becomes -- and around half the air in your cabin flows in from outside. To combat the super-low humidity level, carry on an empty water bottle to fill up as needed during your flight.

When You Get a Massage

Your massage therapist will thank you if you drink water before you hit the table. Your muscles will be softer and more supple, which makes it easier for them to manipulate the tender tissue. This body work releases substances you should flush out afterward with plenty of water, too. This is extra important if you have a deep tissue or other heavy-duty massage.

Before Your Period

You can ease premenstrual discomfort and reduce bloating by drinking lots of water before your period, as well as during. One of the biggest causes of cramps or headaches is dehydration. A recent study of young women with dysmenorrhea -- very painful menstruation -- found that drinking more water shortened their cycles, eased pelvic pain, and lessened their need for pain relief.

When You're in a Mid-day Slump

It's mid-afternoon and your energy has left the building. Don't start a new pot of coffee, though. Instead, have a tall glass of water -- maybe sparkling to add some pizzazz -- with lemon or other flavoring to bump up your mood. Your hydration state directly affects your mood, memory, and visual perception, the *British Journal of Nutrition* reports.

When You Have a Headache

One of the top migraine triggers is dehydration. Some people report that even a slight dip in fluid intake can bring on an intense headache. It also can make you feel fuzzy, and in some cases even require medical treatment. Especially if you're migraine-prone, keep a water bottle handy at all times and track your intake. If you feel a twinge coming on, a glass can save your day.

Before Eating a Meal

Drinking water before a meal -- aka "preloading" -- might help you

lose weight. A small study tested people who drank 500 milliliters -- that's a little over 16 ounces -- of tap or bottled water about 30 minutes before mealtimes and throughout the day as they wished. Over 12 weeks, the pre-loaders lost almost 3 pounds more than those who didn't follow the protocol.

When You Want to Lose Weight

Water is more than a calorie-free way to help yourself feel full. It may also rev up your metabolism. In one study, 50 girls with extra weight drank about 2 cups of water half an hour before breakfast, lunch, and dinner with no other changes in their diet. After 8 weeks, they lost weight and lowered their body mass index and body composition scores. Water also speeds up lipolysis, your body's process of burning fat for energy.

When You Need to Be on Your Game

Did you know almost three-fourths of your brain contains fluid? If your levels dip too low, the blood vessels in this organ shrink. This can affect your coordination, short-term memory, attention span, and stamina, a Chinese study found. So, if you feel tired and muddled, pass up a caffeine-charged energy drink. Simply drinking water can help you bounce back.

How Much Water Is Best?

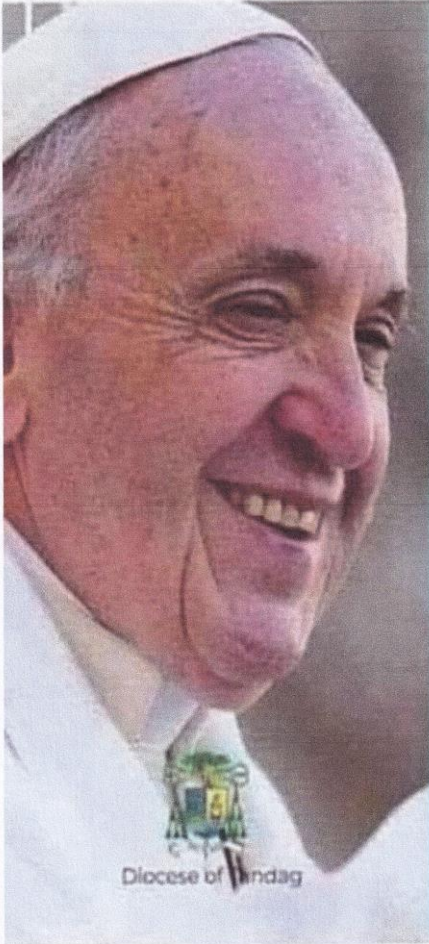
The U.S. National Academies of Sciences, Engineering, and Medicine say more fluid is better for average, healthy adults -- 15.5 cups a day is ideal for men, while 11.5 cups a day from all food and drinks is enough for most women. But this includes hydration from food and all beverage sources. Your own needs depend on your health, how active you are, and the climate where you live. Check with your doctor on how much you need more.

My urologist said if I am drinking mostly things other than water, I should drink a like amount of water after.

Ken and Mary Hulet, Parish Nurses



I absolutely LOVE this quote from Pope Francis!



Diocese of Tandag

“
Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...Life is good when you are happy; but much better when others are happy because of you.

Pope Francis”

[/TandagDiocese](#)

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

Marcel

TIDINGS

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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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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.**