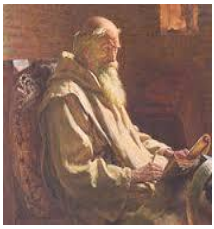


The Venerable Bede

St. Bede Episcopal Church
Port Orchard, WA

Our Newsletter

"The Tidings"

OCTOBER 2026

Special Events

Come and worship with us on Sundays at 10am
Link for our broadcasting on 'You Tube' is:
https://www.youtube.com/@StBedeChurchPortOrchard.

Stewardship Committee, Sunday – October 4

Outreach – 2nd Tuesday –October 13am

Bishop's Committee –October 11 – 11:30am

Oktoberfest – October 18 following Service

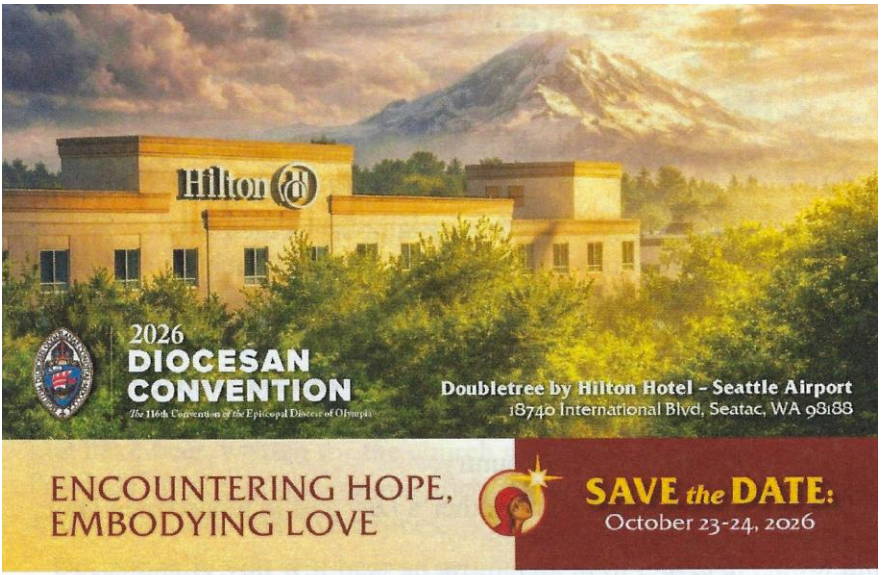
Family Kitchen – October 19 – 11am-6pm

Brown bag Lunch- 3rd Tuesday
- October 20 at 11:30am

Coffee and Grounds Group
2nd & 4th Thursdays – October 8 and 22
at 10am

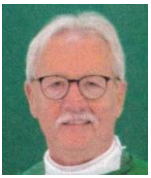
ST. BEDE'S FAMILY
October Birthdays

2 Jessica Proud
2 Mac Washburn
6 Judith Hill
7 Jocelyn Turnmire
10 Emy Nanni
20 Naomi Wanliss
23 Coral McCartney
27 Ben Washburn



Encountering Hope, Embodying Love:
The 116th Convention
of the Episcopal Diocese of Olympia
October 23-24 | Doubletree by Hilton Hotel
- Seattle Airport, Seatac

A Letter from Our Interim Priest



Dear Ones,
It was a year ago this month that I began my time with you as the interim vicar. It's been a most interesting year and as I have come to know you, I have experienced what a caring community you are.

At one of the monthly brown bag lunches someone said something to the effect – feed people; that's what we do! and I totally agree with that statement. What you do with the Family Kitchen, the Coffee Oasis, and the Little Pantry is truly impressive. And then there's the Sunday morning coffee hour…. So often I notice that no one has signed up for anything and I stop and pick up something; then I walk in after our Eucharistic celebration and there's a feast!

I have experienced your care recently with Victoria's medical adventure. Your prayers and concern were so appreciated. I have experienced the care you have shown for each other, and it is something that is not always present in a congregation.

As we continue our time together, I want to encourage, if not urge, you to not only come to church but to *be church*. I have been asking for people to get involved in the liturgy by offering to be a lay reader, a Eucharistic minister or visitor, or offer your talents (I can hear some beautiful voices) to enhance our liturgical celebrations. We are all the church – it's not just the priest or the BC, but each and every member.

Our liturgy is not something to passively observe; but to actively participate in by giving of our talents and gifts. Please give this request some prayerful consideration and together let's find a way for our Eucharistic celebration to be truly a communal expression of our relationship with our God.
With gratitude, blessings, and prayers,

Craig

Craig's church email is:StBedeVicar@gmail.com

FAMILY KITCHEN

On September 21 St Bede's Family Kitchen crew prepared and served a Shipwreck casserole, coleslaw, cornbread muffins, fresh Asian pears from my tree, and peach cobbler with whipped cream for dessert.

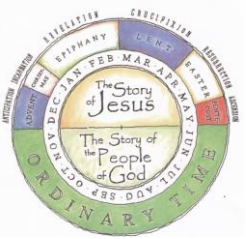
We had 36 guests and sent out 19 to-go meals. Plus we had 7 very latecomers that we were able to serve due to having made-up meals 8 to-go meals prior to serving, an idea presented from another church.

My continued thankfulness for such a wonderful crew!

Our Next Family Kitchen date will be October 19.

Love in Christ, **Fran Valley**

GODLY PLAY



We are happy to be begin another year with our young friends in Godly Play.

Perhaps you were in church when we presented the lesson of "Jesus and the Children." Mateo and Katie did an excellent job of portraying the physical movements of the story!

We'll begin by reviewing some of the standard lessons----- some of which our kids especially enjoy because they love to play "teacher!" We also have plans for some new lessons and parables that we look forward to sharing and having fun together,

Once again, we are thankful to Mary Ferreira and her musical contributions, and to Don Little, who generously provides us with the much-needed wooden materials and manipulatives.

We will continue with the children joining their families in church on the first Sunday of the month. We hope that this will help them feel part of our church family and become more comfortable and familiar with the liturgy.

Please feel free to come join this ministry.
It's not as scary as you think!!!

Judy Wilkin and Karen Bathgate

MONTHLY BROWN BAG LUNCH

The Brown Bag Lunch is held on the third Tuesday of the month in the Parish Hall at 11:30. The next luncheon will be held on Tuesday October 20.

ALL are invited. It is a 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. Hope to see you at the lunch!**

Mary Ann Balyeat

OUTREACH REPORT

On September 11th, a few of us attended the Coffee Oasis Gala in Bremerton. We had 2 tables and Sarah Yergin donated 2 cakes for this event.
The Auction was really amazing – paddles raised and bids placed. In the end a large amount of dollars were spent.

In October our speaker will be sharing with us about the Nite Shift Program – a shelter for teens.

In November our speaker will be from a program called Scarlet Road – this is for domestic violence, and sex trafficking.

On the week of Thanksgiving, Outreach will be cooking about 7 turkeys for our teens.

I appreciate the help and love what we are doing. It is very rewarding.

Thank you, **Bev Dawson, Chair.**

ST BEDE'S LITTLE PANTRY

An ongoing **THANK YOU** to all who continue to donate food and products to this very well used and appreciated community outreach. **PLEASE - NO perishables or out-of-date products.** **Kathleen Ebbert**

STEWARDSHIP

As we approach the end of the calendar year it is time to start thinking of our pledges for the financial support of St. Bede's. **Stewardship is a year round effort for the congregation to give of time, talent and treasure. I ask you to make your financial pledges early so the Bishops Committee can make plans for the coming year. Ingathering and blessing of the pledges will take place on the 29th of November. It is with a giving heart and open mind that I ask you the congregation to give of time, talent and treasure so that St Bede's can continue to be a bright light in our community.**

A change in the calendar of events, the greening of the church will take place on December 20th following coffee hour. To those of you, who volunteered to be part of a vibrant Stewardship committee, THANK YOU!

The brown bag lunch group is to be praised for their support of the Outreach Committee and organizing the Thanksgiving luncheon. The homecoming celebration was well attended and there was a abundance of food. I hope no one went home hungry. **The brown bag lunch group did a good job of celebrating Kathleen's retirement as Church Administrator.**

Our next special event is Oktoberfest on the 18th of October as we celebrate the end of the harvest season.

The support of the Little Pantry has been phenomenal. Thank you all for your contributions.

Many hands make light work. *1 Corinthians 9.16-19*

Blessings, **Don Little, Stewardship Chair**

FRED MEYER COMMUNITY REWARDS

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

Our Community Rewards reference is RE 860

THANK YOU!

A HUGE Thank you for the amazing BBQ and party on Sunday, September 27 to acknowledge my retirement from my work in the office as Church Administrator. Fear not, my other ministries will continue.

I am overwhelmed with the many cards and emails I received with loving, supportive and appreciative words, acknowledging the ministry that our Lord has directed me to do.

Seeing so many Prayers Shawls being worn was another gift – and to realize that my Prayer Shawl Ministry started on April 5, 2007, when I sponsored Kathy Huffman for her Cursillo weekend and I made her a Prayer Shawl to take with her!

I am so grateful for the opportunities I have had and continue to have for ministry at St. Bede's. I know the Lord directed me here and I will continue to serve Him to the best of my ability.

Blessings and Peace to you all,

Kathleen Ebbert

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. We are in need of more donations as we have supplied 4 baskets in the past four months.

For other donations of household goods, please check with:
Karen Bathgate – kbathgate@comcast.net

MUSIC at ST. BEDE

It's a new season, and we are expanding our musical choices during the service. **If you were at church on September 27, you heard the 'new' GLORIA we will be singing - the exact same words that we sing or speak in every service- just put to a different tune**.

It is a John Rutter composition which has an interesting history It is from his 1972 Communion Service, series 3. **It was one of the most widely embraced settings of Church of England's Alternative Service Book.** While the committee which created the "Hymnal of 1982" wanted to include it in the service section, a tune from another collection was used. .As a result**, it was put into the "Wonder Love and Praise" in "response to many requests for THIS "Gloria", along with other more contemporary service music.**

During my search for a different GLORIA for our service, I looked at the music in my old "Hymnal of 1940", which was used when I first learned these hymns and chants in the 1950's. Some of the service music was contemporary for those times - i.e. written in the 1930's!

There are always musicians writing music for our liturgy, and we are gradually including more hymns that were composed in the 1970's while maintaining our foundational musical traditions. The same 12 notes are used, the same words. Just a different arrangement.

With music and love, **Mary Ferreira**

MEALS FOR MEMBERS!

St. Bede's 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 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. ***The forms are at the church entrance or in the Parish Hall. Complete the forms, include your intentions, and make checks payable to St Bede with flower or candle donation in the memo line. Place them on 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 tjslkin@aol.com OR Karen Bathgate at kbathgate@comcast.net

PARISH NURSE

What Is a Bruise?

It happens every so often. You notice a purplish mark and think to yourself, "Where did that come from?" Bruises are common. When you bump into something, like your bed or couch, you may injure tiny blood vessels. Blood may pool under your skin and leave the telltale mark. And if you bruise easily, there are many reasons that could explain it.

Age

You may notice more bruises as you age. You slowly lose the fatty layer underneath your skin. Your blood vessels weaken and can be injured easily. That means you have less protection to soften a bump against a table or chair.

Medications

Certain medications – like aspirin, ibuprofen, and blood thinners – may get in the way of your body's ability to form a clot. Some antibiotics may also leave you prone to bruising. Other medications like steroids can make your skin thinner and more fragile. This can also lead to more bruises. Talk to your doctor if you notice more black-and-blue marks.

Dietary Supplements

Easy bruising can be a side effect of some over-the-counter dietary supplements such as ginkgo, ginseng, and garlic. They can thin your blood and make it harder for blood to clot after you knock into something.

Low on Vitamin C

This essential vitamin helps make collagen, an important protein that keeps your blood vessels healthy. If you don't get enough vitamin C in your diet, you may notice that you bruise easily. While it's uncommon to have low levels of vitamin C, it's more likely if you smoke.

Diabetes

You probably know that diabetes is a condition where your blood glucose levels are too high. Over time, uncontrolled high blood sugar can also damage your blood vessels. This can make you more prone to bruises. And they may linger longer, too.

Vitamin K Deficiency

Vitamin K may not get as much attention as some other vitamins. But it plays an important role in blood clotting. If you don't get enough vitamin K, you could get more bruises. Still, most healthy adults get enough of this vitamin from foods like leafy green vegetables.

Blood Disorders

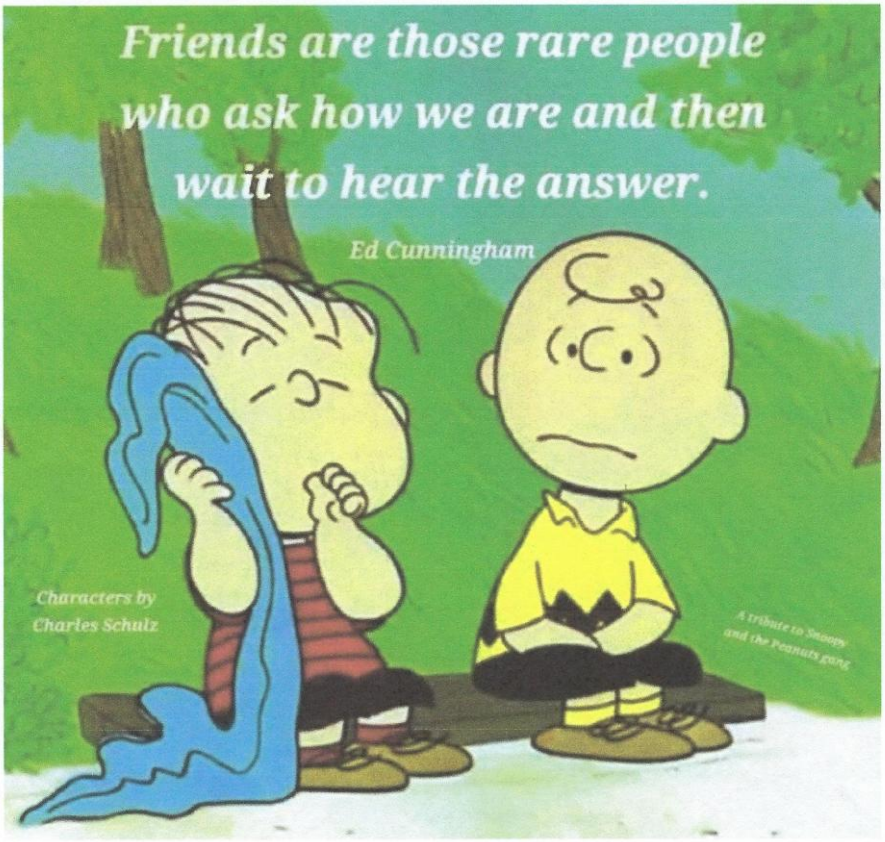
In some cases, unexplained bruises may be a sign that your blood cannot do its job well. For example, if you have a condition like hemophilia, you don't make enough proteins that help your blood clot. Without these proteins, you may bruise easily. But these conditions aren't common and often come with other symptoms like fever, chills, and weakness.

Cancer

This isn't a likely reason for bruising. But in rare cases, red or purple bruises could be sign of cancer like leukemia. With leukemia, your body makes a lot of white blood cells. These cells start to crowd out other blood cells. That can make it hard for your blood to do its job and may lead to bruises.

Remember, if you start to notice unusual bruising, or have questions about bruising or your health in general, please consult your personal physician.

Ken Hulet, Parish Nurse



TIDINGS
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Interim Priest
The Rev. Craig Vocelka
StBedeVicar@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 website page on Sunday mornings.

St. Bede Episcopal Church
P.O. Box 845
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In the love of Jesus Christ, St. Bede joyfully welcomes you,
and seeks to serve and to nurture spirituality in all.