



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

June, 2017

Special Events

Grief Support Group
Wednesdays at 6pm in Parish Hall

Spring Fling Sale
Friday, June 2
and
Saturday June 3
9am – 3pm



ST. BEDE FAMILY JUNE BIRTHDAYS



Anne Liepman
Tom Wilkin
Don Lorimor

Maryann Jordan
Noah Thomassen
Arienne Davison
Dan Hopkins
Phil Pollard
Patti Pollard
Paul Gaudette
Kealani Davis
Kathleen Ebbert
Mary Ferreira

Russ Rosenquist
Bonnie Johnson
Helen Carter



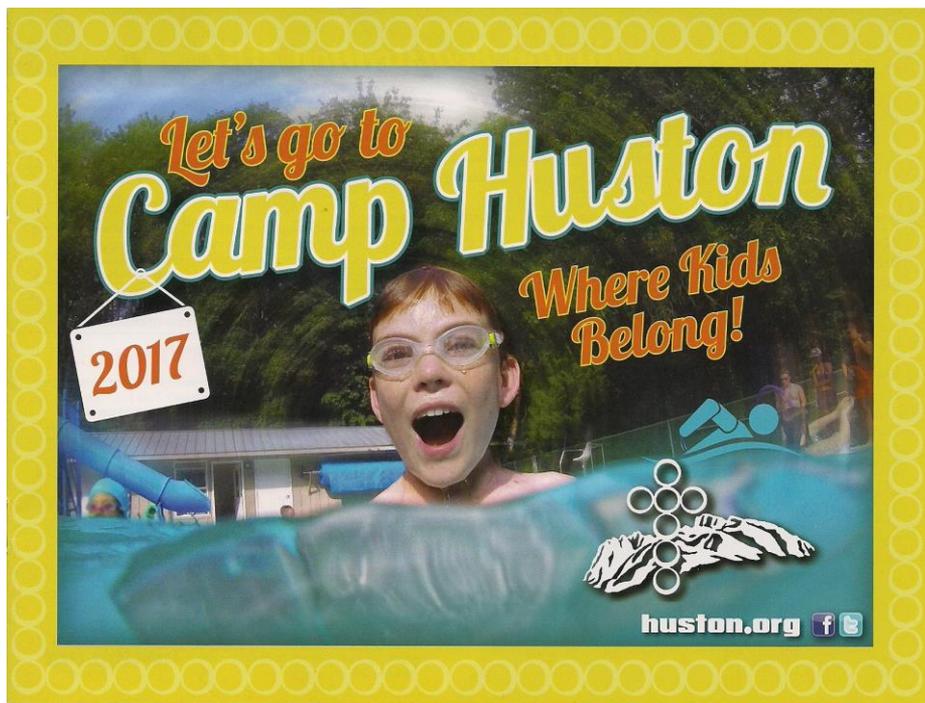
GRIEF SUPPORT GROUP

Continues on Wednesdays
at 6pm
in the Parish Hall.

**There will be no charge for this group,
but donations will be accepted
to defray the costs of materials and copying.**

Please register with Ken Hulet or Kathleen

Ken Hulet, Parish Nurse



Camp Huston, the Diocese of Olympia's Episcopal Camp in Gold Bar, offers children ages 6 to 16 a chance to be...kids.

Every child who attends Camp Huston's summer programs will:

- Develop a sense of self in the world,
- Discover their place in nature,
- Build self-esteem,
- Grow into leaders,
- And most of all, HAVE FUN with new and old friends.

Scholarships are available.

Contact the Church Office for more information – 360-876-1182.

Contact: info@huston.org for more information or to sign-up your child.

CYSTIC FIBROSIS



On behalf of the entire Drummond family, I would like to thank the members of St. Bede's and the Outreach Committee for the very generous donation that was made to "Team Matthew, N.W." and the Cystic Fibrosis Foundation on behalf of our grandson, Matthew.

It is because of the compassion and generosity of caring people like you that great strides have been made by researchers within the medical community as they've work toward finding a cure for this devastating illness. Three positive new medications have been developed and passed by the F.D.A. in the four years since Matthew's birth, and we pray every day that these medications and others will help patients with Cystic Fibrosis ~ and that a cure for C.F. will be found in Matthew's lifetime.

Words alone cannot adequately express our appreciation for St. Bede's support!

Judy Drummond

Bishop's Committee Update

On April 30th the Bishop's Committee hosted a congregational meeting to gather data about what we love about St. Bede, and what our vision is for the future. Our consultant, Karen Gusse facilitated the meeting. Thank you to all who participated.

On May 11th members of the BC met to review and discuss the data gathered at the congregational meeting, the Newcomer's dinner and at two of the Lenten series meetings. We plan to gather more data, then present feedback to the congregation in our effort to plan our priorities for the next 3-5 years.

The BC voted to hire George's to correct the electrical issues in the main church, that were discovered in the inspection. Pat McGuire got estimates for the repair work and consulted with the Diocese. She will also try to get assistance from the Diocese to help pay for the work, which will come out of the Building Reserve Fund.

Our next regular meeting will be on May 25th.

Karen Bathgate



DAUGHTERS OF THE KING

Daughters of the King (DOK) members welcomed **Arthur Ferguson to the May Meeting**. **Arthur gave a brief history of the use of beads to focus on prayer in diverse early religions.**

Teresa Barnet constructed a rosary with Arthur's guidance. Copies of prayers and directions for assembly were distributed. Members expressed much interest and many thanks to Arthur.

A brief business meeting was held with emphasis on dues being due at the June 10 meeting.

For His Sake,

Barbara O'Hearn

OUTREACH COMMITTEE



Dear Church Family,

This month your Outreach Committee allocated funds to: **Helpline; Cystic Fibrosis Foundation; St. John Sudanese Church in Tukwilla; The Kurt Wagner Fund (South Kitsap School District); and Hospice of Kitsap county.**

Why the **Cystic Fibrosis Foundation** you ask. **Our own Jim and Judy Drummond have a grandson who was born with this** and the money donated to this fund helps research for treatment options and also supplies aids and equipment to those who are afflicted. We feel a duty to support our Church family in whatever way we can.

For those of you who joined us in the last few years, **Kurt Wagner was the Assistant Superintendent of South Kitsap School District and a long time, active member of St. Bede.** He served on the Bishop's Committee and in many other ways to further our Mission. He passed away several years ago and is missed by us and the Community.

On Sunday, the 25th of June, Sr. Carola from Food for the Poor will be speaking. We hope to have some kind of fundraiser planned for that day. Your suggestions are desired and welcome.



Our Vicar and some others are going to visit St. John's later this month to learn more about their work with the Sudanese Community. They are taking this check with them to support their work.

If you have a Charity that you feel fits our criteria and would like the Outreach Committee to consider, please bring it to the attention of any Committee member. We are YOUR Outreach Committee and we want to do YOUR work.

Blessings,
Your Outreach Committee.



ST BEDE MARTHA & MARY GUILD (aka Episcopal Church Women)

We had a very productive meeting in May.

We finalized plans for our Spring Fling, which will happen on June 2 and 3.



Our next big event shall be an **outing on June 20th**. We will shop and lunch in Gig Harbor, Come and join us. We will leave the church at 10:00 AM.



Our July meeting will be a patio pot luck at Judy Houle's house, on July 18th at 11:30 AM.

This is our annually fun packed luncheon.

A new project for Fall was discussed. **ECW would like to sponsor another pillow case dress event.** This was so successful last time, we can do it again. Everyone is invited to help.

See you at our next meeting.

Anne Liepman, President.

FAMILY KITCHEN



Our May meal was a huge success (as always). I tasted it, and it was scrumptious! The dessert was tasty also. We served about 50 hungry folks.

Thanks to all you dedicated helpers!

So great to work with all of you.

The meal in June will feature Potato Salad, a Vegetable Medley and Sliced Spiral Ham. For dessert, we will be serving Chocolate-Vanilla Mousse with wafers.

Sounds good? Have any other ideas? New menu items are always welcome.

Thanks again for all your support, both in person or financially!

Off to bed now, after a long day in the kitchen!

Anne Liepman, Chair, SK Family Kitchen





PARISH NURSES



Checkups and Tests You Shouldn't Miss

Routine Physical Exam

Getting a checkup is a way of making sure everything is OK. Some people see their doctor every year for a physical. How often you should have a checkup depends on many things, including your age, general health, and whether you have risk factors for certain problems.

Height and Weight



Whether a regular physical or for some other checkup, your doctor will likely check your height and weight. He's doing that to measure your BMI, or body mass index. Keeping your BMI in a healthy range helps protect you from problems like heart disease, type 2 diabetes, some types of cancer, and more.

Blood Pressure

Your blood pressure rises as your heart beats and falls as it relaxes between beats. It's a measure of the pressure of the blood in your arteries. Too high can lead to heart disease and stroke. Normal blood pressure is less than 120 over 80. Doctors define high blood pressure, also called hypertension, as 140 over 90 or higher. The American Heart Association suggests you get your blood pressure checked at least every 2 years. If it's high, you'll need to get it checked more often.



Cholesterol

This is how much fat is in your blood. High cholesterol can lead to heart disease and stroke. The American Heart Association recommends you get your cholesterol checked every 4-6 years if you're over 20 and don't have heart or blood vessel disease. If you do, they'll likely recommend checks more often.

Colorectal Cancer Screening

Tests look for cancer in the colon or rectum by checking for blood or for –tissue growths called polyps. If you don't have any extra cancer risks, you should start getting screened at age 50 and continue until you're 75. There are different screening tests that may be right for you.

Blood Sugar Test

This is a way to check for diabetes or prediabetes. The American Diabetes Association suggests you get tested starting at age 45. The test is strongly recommended -- even if you're younger -- if you're overweight or have diabetes risk factors like high blood pressure.



Skin Check



It's a good idea to check your skin regularly for any changes in moles, freckles, and other marks.

The American Cancer Society suggests you do a skin self-exam once a month. Most skin cancers can be found early that way.

Breast Exam

Starting in your 20s, if you're woman, you should have a breast exam by a health care provider. You can also make sure you know how to do self-exams if you choose. The American Cancer Society does not recommend breast exams, but encourages women to know what their breasts normally look like and report changes to their doctors.

Mammogram

This is an X-ray that looks for changes in the breasts. The American Cancer Society recommends that women age 45 and older should have one every year. Other medical groups suggest that women should have mammograms every 2 years starting when they're 50, until they're 74. Talk to your doctor about what's best for you.



Pap Test

A Pap test (or Pap smear) checks for cancers in the lower part of the uterus, called the cervix. If you're between 30 and 64, you should get a Pap test and human papillomavirus (HPV) test together every 5 years or a Pap test alone every 3 years.

Male Physical Exam

A routine physical for men might also include a checkup of the penis and testicles. The doctor will check the testicles for tenderness, lumps, or changes in size. In looking at the penis, the doctor might notice signs of sexually transmitted illness like warts or ulcers. To check for a hernia, he will ask you to "bear down" or "turn your head and cough." Depending on your age, he may check the prostate for size and any problem areas.

Dental Checkup

Hopefully you brush and floss every day. But it's smart to also see a dentist regularly so she can look for cavities, gum disease, and other problems in your mouth. Some people may need to see a dentist once or twice a year depending on your oral health and what you need to do to keep your mouth and smile healthy.



Remember, you and your doctor are a team working together to maintain your health and well-being. Discuss any concerns with your doctor.

Ken and Mary Hulet, Parish Nurses





TIDINGS *Published monthly by*

St. Bede

Episcopal Church

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www.stbedeschurch.org

Rev. Canon Arienne Davison - Vicar

bedesvicar@gmail.com

Services:

Sundays -

**8:00 AM - Holy Communion
without Music**

**10:00 AM - Holy Communion
with Music, and
Sunday School**

Wednesdays -

**11:00AM - Holy Communion
Bible Study and Prayer**



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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.**