



**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**November, 2017**

***Special Events***

**UKRANIAN EGG Workshops**  
**- November 11 and 25 at 1pm**  
**in Parish Hall**

**Grief Share – Surviving the Holidays**  
**Friday, November 10 at 6pm**  
**in Parish Hall**

**Gathering Groups**  
**meet in Parish Hall**  
**check lists for your group's date**

**Mark your Calendars**  
**Dessert Faire – Sunday, December 10**  
**following both services**

## ST. BEDE FAMILY NOVEMBER BIRTHDAYS



Mike Crocco  
Jeanne Thune     Robert Thune  
Bill Balyeat     Shirley McTee  
Linda Varda     Steven Sawdon  
Nicholas Cameron  
Karen Bathgate  
Jeff Thomassen  
Jami Bledsoe  
Vickie Fernandez  
Carolyn Zurn

## UKRANIAN EGG WORKSHOPS

We are offering more opportunities for you  
to participate in egg making.



**Saturday Workshops**  
**November 11 & 25**  
**1pm - 5pm**  
**in the Parish Hall**



Beginners & experienced "egger's" welcome.



**If you plan to attend, or for more information/supply list**  
**Contact: Patti Pollard - 360-876-1746**

## GATHERING GROUPS



As many of you know, the Bishop's Committee, in concert with our Vicar, are moving forward toward our shared goal of a more vibrant and growing congregation.

One of the ways to do this is to have **Gathering Groups**, so members can get to know one another on a deeper level than is possible in our brief sharings at Coffee Hour on Sundays.



To this end, each family or individual has been placed on one of these groups. There are **4 groups in all**, and each one encompasses as broad of a cross section of the congregation as possible.

**The first event for each group will be a pot-luck meal in the Parish Hall.** Arienne will attend each group's pot-luck and we will have a simple Eucharist together.

Additionally, **each group will be responsible for refreshments for coffee time each month.**

**The pot-lucks will be held in the Parish Hall at a specified time.**  
**Group 4 will meet on Saturday, November 4 at 5pm;**  
**Group 3 will meet on Friday, November 17 at 6:30pm.**  
*(Groups 1 and 2 met in October.)*

**Mary-Francis Jones, Warden**





## *Surviving The Holidays*

Holidays... They're "supposed" to make us think of words like thankful, merry, and happy. We're "supposed" to associate holidays with a phrase like "Home for the Holidays!" But... what if a loved one is not coming home this holiday season. The thought of facing another holiday season causes some people to wish they could sleep from the Wednesday before Thanksgiving until January 2.

**Loss is always hard, and at the holidays it can seem crushing.** The thought of being in a festive mood for two months is just too much to bear when our heart is breaking. I want to journey with you through biblical, practical, relevant ways you can grieve and grow, heal and hope. **Reason to Hope: Healing for the Holidays -It's Possible to Hope.**

In the midst of Paul's grief over being deserted and betrayed he said, "This happened to us that we might not rely on ourselves but on God, who raises the dead" (2 Corinthians 1:9). **With Christ you have reason to hope for healing for the holidays. Loss is not final or fatal. It's possible to hope.** Jesus, forsaken by His Father because of our sin, was raised from the dead by His Father. Reunion. Relationship. Oneness. Separation is not final with Christ. It's possible to hope because our God is the God who raises the dead. He can resurrect your hope.

"But what do I do with my hurt during the holidays?" Shakespeare said, "Give sorrow words." What words would you give your sorrow over your hurt during the holidays?

**Join our group of Grief Share *Surviving The Holidays* for information and support to survive the holidays.**

**Friday, 10 November 2017, at 6 pm**  
**St. Bede Episcopal Church Parish Hall**  
**To register: Call Ken Hulet**  
**360-895-2581 or [khulet1@yahoo.com](mailto:khulet1@yahoo.com)**

## THANKGIVING MEAL - Sunday, November 19

On November 19, after the 10am service, the ECW will be hosting the **Annual Thanksgiving dinner**. Turkey and gravy will be provided. We ask that each family bring a dish to share at this festive occasion. We at St Bede have so much to be thankful for. This get-together is just another bonus.



**Filled Shoe Boxes need to be returned to Church by Sunday, November 19.**  
Please feel free to bring them to the Parish Hall any time between now and November 19



**Annual Greening of the Church**  
**Saturday, Dec 9**  
**Start 9:00 am**  
**Finish when everything is up**

Bring your extra fun stuff from home: Fir, holly, rosemary etc. Live garland for outside the Parish Hall would be AWESOME if you would like to donate some. 😊  
Breakfast snacks/drinks will be provided.  
Any questions, please contact: Teresa Barnet



## PARISH NURSES

### OUR BODIES AS WE AGE part 3



## Older people are more likely to get constipated.

Anyone can have trouble going to the bathroom, but it's a pretty common problem as you age. Lack of exercise, changes in diet, medicines, and health problems all play a role. If you use laxatives too often, your body can forget how to go on its own. What can you do to get regular? Keep active. Eat more fruits, veggies, and whole grains. And drink at least six to eight glasses of water a day.



## Loss of proteins that firm skin causes wrinkles?



Skin begins to age when you hit your 20s. Your body doesn't make as much collagen and elastin, proteins that help your flesh stay plump and firm. Your skin becomes thinner and doesn't spring back into place as well after you smile, frown, or squint.

Doing exercises to "strengthen" facial muscles can make things worse. Instead, reach for the sunscreen before you go outside, and if you smoke, quit.

## You will need just as much sleep.

Your shut-eye needs stay the same throughout adulthood. Even so, older folks take longer to fall asleep, spend more time in lighter stages of sleep, and wake up more often in the night. Some of these issues relate to other health problems or medications. Also, the body's internal clock, which controls when you sleep and wake, has many seniors going to bed and getting up extra early.





# OUTREACH COMMITTEE



Dear Church Family,

Your Outreach Committee has been busy providing money to:  
**Helpline; Coffee Oasis; Backpacks for Kids; and Seafarers.**



**Coffee Oasis** has asked us if we will consider helping with their Family Christmas Project (*See letter*). This is a worthwhile endeavor and we would like to support it without taking away from our usual **"Giving Tree" benefiting**

**St. Vincent de Paul.** We are open to suggestions, but we are leery of someone taking a tag and forgetting about it or delivering it late. How can we support this without risking a child being left out?



**Helpline** is getting ready to collect items for their **Thanksgiving and Christmas baskets.**

If you see **dress mix or gravy** on sale, please pick some up for them. (Any other traditional items would be appreciated too.)

Our busiest time of the year is fast approaching. **With all the Holiday preparations and get-togethers, please take time to help those who are not as blessed as we are.** We ARE God's hands in the world. How will YOU show others God's love?

**Blessings, Your Outreach Committee.**



Caring for seafarers  
around the world



*We never really intend for Christmas to become about 'things'.*

*When we give a gift we hope to communicate something very simple:  
"I love you."*

*Several years ago, one of 'our kids' reminded me how special it is to be remembered at Christmas time with a gift. Back in those days people would take a tag with one kid's wish list and buy them several gifts. Over 200 kids had filled out tags that year and some of their families came to celebrate with us. We ate and sang and gave gifts. As we handed out gifts to eager hands, we realized that several of the sponsoring tags had been taken, but the gifts were never bought. They were forgotten. So while everyone else put on their new shoes or showed off their cool toys, this one young man had nothing. He left early that night. He was hurting. I followed him out to the parking lot and asked him if there was anything I could do. He turned to me and said, "You don't get it. I came here because this is my family. I don't have anybody else. And when I didn't get any gifts it was like I didn't even have a place here."*

*This is why we celebrate with gifts and food and singing together at Christmas with 'our kids.'*

*We give gifts because we know it means, "I love you."*

*We celebrate because we are family and this place is home.*

*This year we will be eating and singing and giving gifts at all 3 of our shops on December 23<sup>rd</sup> (Poulsbo, Port Orchard, and Bremerton.)*

*To do this we need the help of the whole community = YOU.  
Please consider helping us provide gifts this Christmas by joining the Family Christmas Project and sponsoring a youth and inviting your church, customers, family, or friends to do so as well.*

*Merry Christmas!*

*Dave Frederick, Executive Director, The Coffee Oasis.*



## DAUGHTERS OF THE KING

The October meeting of the Daughters of the King was informal, due to the lack of a quorum. **November 11 meeting** will be a comparison of Veteran's ceremonies in three countries.

For His Sake, **Barbara O'Hearn**



## FAMILY KITCHEN

A great meal was served on October 23rd.

**We had Lasagna. I believe a first for us!**

The frying of the meat and onions, the mixing of cheeses and eggs was done professionally! And then the assembling of the Lasagna casseroles was done with great expertise - besides having fun and laughter doing it. **Thanks for everybody who participated** and also, many thanks to the slicing and prepping of vegetables, serving, dishwashing and cleanup crews! We were finished and ready to go home at 6:15pm! Good job well done!

**Our next date is Monday, November 20th.** We will be cooking and serving Tater Tot Casserole, Cole Slaw and Peach Cobbler for dessert. Please come and see how you can help. It truly is an enjoyable experience.



So again, **a big thanks to all who make this possible, also thanks to the many monetary donations.**

I have mentioned this before, but I will mention it again: I am seriously looking for someone to take over my position of the chairmanship for Family Kitchen for St. Bede. I will be most happy to train you! I am working on a complete job and task description. See me if you need more information.

**Thanks, and Happy Thanksgiving, Anne Liepman, chair**



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

Our meeting on October 17th was well attended. Thanks to all who came to participate in making important decisions. **ECW was asked to host a wedding reception for Ken Hulet's daughter.** We all agreed to do that. It is part of our mission and we enjoy doing it. The painting of the Sacristy has been postponed, as has the pillow case dress making.



**Thanksgiving lunch is on the horizon - please participate in this event.** More news about this from Sarah Yergin.



**On December 10 we will have our annual Christmas Dessert Faire.** So much fun to taste goodies other folks have prepared for us.

**We also have crafts to share and new or slightly used Christmas decorations. Pickles, jams and jellies are also welcome.**

Please put on your baking hats (or a bit more!!) and contribute to this very fun and worthwhile event.

**Nominations for new ECW officers will happen in November.** Think about what and how you can contribute to this important ministry.

**See you at our next meeting. Tuesday, November 21<sup>st</sup> at 10am in the Parish Hall.**



**Thanks, Anne Liepman, President.**

### **Please note:**

**The Pillow Case Dress Sewing Day has been postponed.  
It will be rescheduled for early 2018.**

**Arienne is in her Office on:  
Mondays, Tuesdays and Wednesdays**

## **TIDINGS**

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**The Rev. Arienne Davison - Vicar**

[bedesvicar@gmail.com](mailto: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.**