



**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**April, 2018**

***Special Events***

**Maundy Thursday, March 29  
7pm Service with Foot Washing**

**Good Friday, March 30  
10am Cross Walk from First Lutheran  
1pm Service with Stations of the Cross  
7pm Good Friday Service**

**EASTER DAY  
8am and 10am Services  
with Baptisms at 10am  
and Easter Egg Hunt following service**

**Bible Study on Acts  
continues on Mondays, 1pm – 2:30pm**

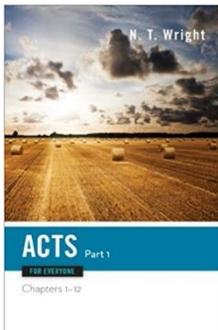
**Grief Group continues  
on Wednesdays, 3-5pm in Parish Hall**

# Bible Study at St. Bede's

Spring 2018



Episcopalian Christians love the Bible. We love reading it in church together. We also love studying the Scripture in groups to learn how it applies to our lives, our relationships, our work, and our service to the community. While there are a lot of different formats for Bible Study, you might come across in Episcopal churches, usually you will find them to: be open-minded, find truth in both literal and figurative readings of the Bible, and seek to understand the history and culture that shaped the story. St. Bede's follows this approach to our Bible Study programs. Bible Study groups meet in the St. Bede's Parish Hall.



## **The Book of Acts (Part 1): A 12-week Study**

**Mondays from 1:00pm-2:30pm in the Parish Hall**

**Dates: March 26 (skips Easter Monday), April 9, 16.**

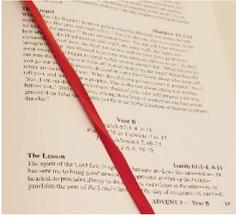
Join in studying the book of Acts with St. Bede's Episcopal Church. We will use Bishop Tom Wright's "[Acts for Everyone](#)" Study Guide to shape our conversation. While folks can drop in on individual sessions, be sure to have read the selected Scripture in advance. Contact [the Rev. Arienne](#)

## Lectionary Based Bible Study and Eucharist

Wednesday mornings from 11:00am to Noon

Dates: All Wednesdays, except Church holidays

Join in reading and studying the [Scriptures for Sunday](#). Each week we study the following Sunday's Lessons. Formats vary and include: conversation, lectio, art response among others. After the Scripture study, we celebrate an informal Eucharist around the Table. Contact [the Church Office](#)



## ST. BEDE FAMILY APRIL BIRTHDAYS



Elizabeth Mills  
Jim Drummond  
Micah Hargrave  
Jacob Wilson  
Jeri Goebel  
Linda Beetz  
Patricia Fulford  
Mark Williamson  
Joe Ancheta  
Gerry Davison

Richard Dykstra  
Michael McFarland

Bill Thaete  
Jim Fraser

## DAUGHTERS OF THE KING

Daughter of the King's March Meeting featured a contemplative theme. Each attendee was requested to bring her Bible and/or associated reading material to the meeting.

A reading selected by Janice Williamson opened the gathering and it was closed with a reading and prayer by Chaplain Edna Erfe. The April meeting will be held on Saturday, April 14 at 11am.

**Barb O'Hearn**



## ALTAR GUILD MESSAGE



Altar Guild Message for the Month of April  
We are going to do something different this year during Easter. We are going to hang a wooden cross in the Sanctuary on the wall to the right of the Altar.

### **The Meaning of the Cross-**

The cross is the universal Christian symbol, acknowledged by Christian denominations as the single visual identifier of the faith. The cross reveals to us the character of God his love for lost: Sinners and his perfect justice meet at the Cross. If we want to grow in our love for God, which is the first and Greatest commandment, then we must be growing to Understand and appreciate the cross, which shows us his great love.

For Christ did not send me to baptize, but to preach the Gospel not with words of human wisdom, lest the Cross of Christ be emptied. Of its power. For the message of the Cross-foolishness to those we are perishing but to us who are being saved, it is the power of God.  
(*Corinthians 1:17-19*)

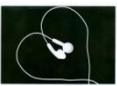
**Blessings, Arthur Ferguson, Altar Guild Director**

As liturgical leaders, we invite you to reflect on Jesus' wonderful ministry on the Cross and how resurrection empties death of its power over us. After the Easter Season, liturgical leaders will ask the congregation for input on how the installation of the Cross impacted your Easter journey. **The Rev. Arienne Davison, Vicar**

## EPISCOPAL CHURCH WOMEN

Martha and Mary's Guild has had a busy March. The **Project Hope workshop of dresses for underprivileged children and mats for the homeless** got underway in February and will be mostly completed in March.

In April any uncompleted parts of the project will be scheduled if need be. This project is a cooperative effort of the men and women of St. Bede Church. Jami Bledsoe set up the dresses with the assistance of Barbara O’Hearn. Ken Hulet set up the mat preparation. Participation was excellent. There were sewing machines humming, scissors snipping, and lots of chatter. Jami provided pizza for lunch which energized the approximately 20 participants to work on through the afternoon.



The project to fund **hearing assistance devices** at Church services is mostly complete with receiver head phones now available to use during the service. It connects to the Church sound system so should be an excellent tool for anyone needing hearing assistance during the services.

The **Memorial Service Reception for Vickie Fernandez** went beautifully with an abundance of food and kitchen helpers. Over 100 people were in attendance and there was food left over. There were some exhausted helpers who went home that evening after a fantastic job of making the reception a success. Vickie’s family was very appreciative of the lovely service and reception and the love shown for Vickie. I give a big thank you to all who helped to make Vickie’s memorial a beautiful memory for her family and friends.

Underway is the **replanting** of the painting of the sacristy by ECW funds raised at the



**of the arbor vitae** and which are being funded by ECW funds raised at the Dessert Faire and Spring Fling. As you do Spring cleaning around your residence, do think about what you can donate to the Spring Fling (rummage sale) which will be held on June 1 – Friday only. Anything not sold is donated to a local charity so do give us an opportunity to turn your discards into cash for St. Bede Projects.

**ECW Meetings are on the third Tuesday of the month, 10 am in the Parish Hall.** If you are available, please do join us.

**Mary Ann Balyeat, President**

## FAMILY KITCHEN



First, I want to say how much I appreciate everyone's help and support at Family Kitchen in March. It went so smoothly, the conversations were fun, and time just flew by. **We served Mexican**

**Chicken Casserole, baked acorn squash, salad and brownies.** They were the fudgy extra rich dark chocolate brownies and we baked them in muffin pans so there were lots of "edges". Helpline generously gave us some surplus milk that needed to be used up before the expiration date, too. We served 23 guests and gave away an additional 20+ meals.



**Next Family Kitchen is April 23rd.** The meal plan is meatloaf, baked potato, dilled carrots, salad and cobbler.

Many hands make light work.

**Margo Spence**



## PARISH NURSES



**Well here it is, month 4 of the preparedness calendar.** If you have been following these posts and putting the supplies together, you should be starting to look and feel like you are prepared.

This month from the grocery store, you should purchase:

**1 can of meat, 1 can of vegetables, 2 boxes of quick energy snacks, dried fruit and nuts and a box of facial tissue. Comfort foods such as candy and cookies and tin foil and plastic wrap.**

**Remember these are proportions for 1 person.**

From the hardware store: **a plastic bucket with a tight lid for toileting needs, plastic sheeting, camping or utility knife, work gloves, safety goggles, and disposable dust mask.** (Recommended n95 mask.) Put together some more **first aid supplies to include rubbing alcohol, antidiarrheal medication and antiseptic.** Secure **a sleeping bag and blanket** for each member of the family. Take **pictures of the contents of your home**, including the serial numbers and send a copy to a friend out of the area. **Review your insurance coverage** with



your agent to assure you are covered for any events that may affect you in this area. **Assemble an activity box of cards, games and toys.** **Now is the time to start rotating your water and food supplies,** replacing those purchased early on and **continue the rotation monthly.** Remember, be prepared not scared.

**Ken and Mary Hulet, Parish Nurses**

### **Is Laughter the Best Medicine?**

Why does it feel good to laugh?



- A** It relaxes your muscles.
- B** It releases certain brain chemicals.
- C** Researchers don't know why.

**Answer: B**

Laughter gives you a natural high. It lights up the reward center of your brain and releases feel-good chemicals, including dopamine and endorphins. This is the same thing that triggers the feeling people get from some drugs. It may be behind the “high” joggers feel after a good run, too. **Keep laughing! Ken and Mary Hulet, Parish Nurses**

### **From the Senior Warden:**

St. Bede was the little white church on the highway when I first moved to the PNW in 1984. We were assigned to the USS Ranger and lived in Jackson Park Housing for a few short months before we bought the house I currently live in. We started attending St. Paul's in Bremerton at that time for no other reason than it was the closest Episcopal church from Jackson Park. I moved my membership to St. Bede a few years ago. I love being part of St. Bede.

This “little” church does so much ministry in our community in a spirit of love and generosity that is remarkable. We are so blessed, and I am so blessed to be part of it with all of you.

Call on me anytime.

Cell and/or text: 360-710-1725

email: [margospence@msn.com](mailto:margospence@msn.com)

Home: 360-876-1452 (least best way to get a message to me)

Facebook, too: <https://www.facebook.com/margojspence>

Thank you for your love and support, **Margo Spence**

## **TIDINGS**

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**St. Bede Episcopal Church**

**1577 SE Lider Rd.**

**P.O. Box 845**

**Port Orchard, WA 98366**

**360-876-1182**

[bedeschurch@gmail.com](mailto:bedeschurch@gmail.com)

[www.stbedeschurch.org](http://www.stbedeschurch.org)

**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**



**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.**