



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

JUNE, 2018

Special Events

SPRING FLING – ONE Day only
Friday, June 1 – 9am-3pm
Set-up – May 30 and 31

Camp Houston - *see article for details*

Family Kitchen – June 18

Workshop for Dresses and Mats
June 23

Presiding Bishop Curry's
Western Washington Wanderings
see article for more details

ST. BEDE FAMILY JUNE BIRTHDAYS



Happy Birthday!

Maryann Jordan
Arienne Davison
Phil Pollard
Paul Gaudette
Kathleen Ebbert
Anne Liepman
Tom Wilkin
Don Lorimor

Noah Thomassen
Dan Hopkins
Patti Pollard
Kealani Davis
Mary Ferreira
Russ Rosenquist
Bonnie Johnson
Helen Carter

Arina Gossett

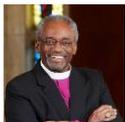
ANNUAL SPRING FLING

Friday, JUNE 1 - 9-3

Note: FRIDAY ONLY. Set-up - May 30 and 31. Donations may be brought into the Parish Hall during the week of May 28.



St Bede's now has **Receiver Head Phones which work with the new Church Sound System.** These head phones are designed to assist people with hearing impairment. **If you would like to try out a set - just ask one of the Ushers or Greeters when you enter the church.**



Presiding Bishop Curry's Western Washington Wanderings

Thursday, June 14, at 7pm – PB Curry will be preaching at Evensong in **St Mark's Cathedral, Seattle**

Saturday, June 16, at 10:30am – PB Curry will be giving a presentation and speaking at **St. John, Olympia.**

Message from the Senior Warden

We are being reminded every Eucharist of our baptismal vows, especially when we work together and when we serve God's people through formal and informal ministries. St. Bede's has a reputation in our community for generosity, goodness of heart, and openness. We serve. We serve the community through outreach, visitations, and through different feeding and giving constructs.

We serve each other through consolation, welcoming, and prayer. We serve. Sometimes people think that just coming to church is not much of a ministry, but just being present and welcoming serves in ways we never know. That newcomer, that person feeling low, that person struggling with something unimaginable all need us in the pews, at the work parties, and at coffee hour so they know they are not alone, that they are welcome, and, most of all, that they are loved. Never underestimate the power of a hug, a smile, a hand shake or a nod. If you are missing somebody send them a note, give them a call, or send a text if you are able.

My duties are becoming clearer to me as I settle into my position on the Bishop's Committee. I trust those that go before me to guide me and teach me. My role as the Senior Warden is partly administrative, but mostly service.

On May 12th I attended a required class for Safeguarding God's Children and God's People. The focus was guarding against harm in any way with a strong emphasis on inappropriate behavior. The signs of concern were defined with clear, precise actions to be taken. I felt comforted that the safety of our children and parishioners is taken seriously. The class was composed of people with various roles in their churches. There were priests, deacons, lay readers, somebody that was organizing a Jr. Daughters of the King, Sunday school teachers, and several others. Most, like myself, were there because it was required training. On the other side of the class I have come away with a deeper understanding of service as that which reflects, again, my baptismal vows. I have been confronted frequently since January that my baptismal vows are the foundation of service. It is never about me, but always about serving others. Who those "others" are is not always apparent, I may never know and it's really none of my business. Love always, **Margo Spence**

EPISCOPAL CHURCH WOMEN

Two all parish events complete ECW's May activity; the Mission Projects and preparation for the June 1st Spring Fling. All are invited to participate.

The Mission Project, making pillowcase dresses, is in the phase of completing the dresses by adding pockets, buttons, lace, etc. to the dresses. There are jobs for all skill levels, so do plan to lend a hand on May 26. Drop in for a portion of the day or all day beginning at 10 a.m. to help get these 90 some dresses completed. If need be **there will be another workshop on June 23**. **Mats for homeless** project is also on May 26 at the same time as the pillowcase dresses. The cutting of plastic strips for the mats is an easy task to do and includes lots of good conversation with the group of cutters. Either way, there are jobs for all (guys and gals). Do plan to come by and lend a hand. Lunch will be served.



On June 1st the annual **Spring Fling** will be held in the Parish Hall at St. Bede's Church. This is essentially a rummage sale. Give clean, saleable goods to the Church to sell first, any unsold items are then donated to a local charitable organization. Items may be dropped off on May 30 and 31st. Help in setting up the sale is needed on those days! **Men and women of St. Bede's who can lend a hand will help make this sale successful.** Workers are needed all three days (and buyers on June 1). The co-chairs for this event are Jami Bledsoe and Fran Valley. Do contact them. **Some ground rules for donations are: No electronics, computers, TVs, junk or items that would not be accepted by any other charity.** This one-day event has been a wonderful way to raise funds for projects not in the Church budget. Most recently the new computer server was paid for from funds earned by ECW sponsored projects.

With longer days and warmer weather, planning for June, July and August meetings includes activities which will enjoy local amenities. After the **June 19 meeting**, lunch out as a group is planned. The **July 17 meeting** will be a potluck picnic at Judy Houle's lovely gardens. The **August 21st meeting** will be an excursion to Kingston arranged by Sarah Yergin.

Meetings are on the third Tuesday of the month, 10am in the Parish Hall or as mentioned above, June, July and August special events in the local area. If you are available, please do join us.
Mary Ann Balyeat, President

ALTAR GUILD

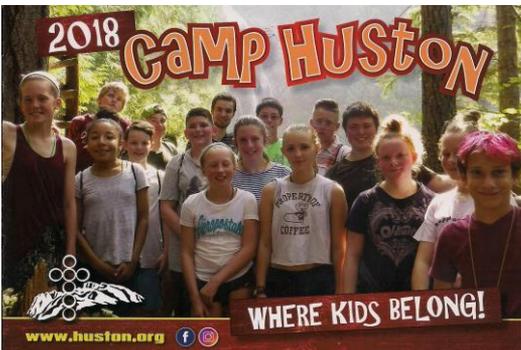
Now that Easter is over, the Altar Guild has removed the new Cross draped in fabric from the wall beside the Altar.



We want to decide if the Cross draped in fabric should be installed permanently. **On June 10th at Coffee Hour, we will be asking you about your experience of the Cross during Easter season. We will focus our reflection on how the Cross enhanced or distracted from worship and how strongly you feel about the Cross.**

Please take some time to reflect and share with us! The Altar Guild will consider your feedback and make a recommendation to the Vicar.
Blessings, Arthur Ferguson, Altar Guild Director

2018 CAMP HUSTON



Camp Huston is an Episcopal summer camp where children and young adults come to learn more about nature, more about God, and more about themselves. The goal is for campers to build self-esteem, develop leadership skills, and have fun.

Scholarships are available - ask Arienne or Kathleen



Thank You for the Donation to the Cystic Fibrosis Foundation

Many of you know that our 5year-old grandson was born with Cystic Fibrosis, a serious, life-threatening disease. For several years, the Outreach Committee of St. Bede's has made generous donations to the C.F.F. on Matthew's behalf and **I want to thank them, and all members of St. Bede's, for the much appreciated most recent generous donation.**

Great Strides Walks are another way of offering support, and are held throughout the country in May and June. The next local 3 mile Great Strides Walk will be held in **Poulsbo on Saturday, June, 2**, at **Vinland Elementary School (9:00-12:00)**, and all are welcome (including kids & dogs). Family and friends find that it's a great way to get some exercise while raising awareness of C.F. and helping patients with this disease. Registration and donations can be made on line (C.F.F. Washington) or at the door, and **Team Matthew N.W.** welcomes and appreciates all participants and donations. **Judy Drummond**



FAMILY KITCHEN



Family Kitchen was May 21, 2018 at First Lutheran Church. Thank you everyone that helped prep, cook, serve and clean up. It would truly be an impossible task without the dedicated crew.

We served: 30 diners and sent home 15 meals.

Ham, green beans, baked beans, salad with raspberry vinaigrette, rolls, and sweet potato casserole for dessert with the usual beverages.

A gentleman came by with a LOT of very ripe bananas. We gave them out to the guests that wanted them. I took home several bunches to freeze for banana bread to serve at a later date.

With great love and tired feet, **Margo Spence**, 360-710-1725

MUSIC REPORT



One of our hymns this month has been "O Zion Haste", written by MaryAnn Thompsen. Many hymns have dramatic histories - this one was written during Thompsen's small daughter's bout with typhoid fever. The tune was originally different from the one we sing now, which is so full of emotion.

There are some stories in the front of the 1982 Hymnal which relay the motivation and meaning of certain words and music to the hymns. I am happy to play through hymn tunes that are unfamiliar and Arienne would announce a 'practice run'. We choose hymns that relate to the theme of the Sunday or the sermon, and there are always several in the service that are familiar.

If you have hymns that are special to you, feel free to let me know before the start of the service, and we will sing them during the Offertory. We have 3 hymn books available that are authorized by the Episcopal Church; The 1982 Hymnal, Lift Every Voice and Sing, and Wonder, Love and Praise.

The hand chime group will be playing on a few occasions during the next months, possibly even with fewer players than usual. I hope you enjoy the heavenly sounds of 4 or more chimes presenting the hymns we love to hear. You are always welcome to join our efforts on Sundays after coffee hour or listen to practice.



Our music mission at Retsil Veterans Home continues with hymn singing at the service provided by Don Little and Richard Dykstra on the first and third Wednesdays at 10 o'clock. On the third Wednesday of each month Arienne provides communion to the residents attending. We have a keyboard on which I play hymns chosen by Don Little that have an 'old timey' flavor and can be heard throughout the first floor of the Veterans' Home.



All the music sung and played is meant to be for praise to God and thanksgiving for our life together.

Mary Ferreira, Music Director

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DAUGHTERS OF THE KING



The May meeting featured a lesson on Light, presented by Janice Williamson. She based her topic on selections from the Bible and discussion followed.

No actions were implemented due to the lack of a quorum. Next Meeting is Saturday, June 9. Dues are due at this meeting.

FHS, Barb O'Hearn

DESSERT FAIRE

As I've become more active and involved at this wonderful little church of St. Bede's, I've learned about the talents of many of those in our congregation and encourage everyone to share these talents.



As ECW's new chair of this annual fundraiser, I hope you will dust off your talents and begin thinking about what you can make and offer to sell at **The Dessert Faire in December**. I know it seems too early to be thinking about such things, but the time will pass in the blink of an

eye. **I'd like to hope that this can be one of the ECW's more successful projects! However, that will only happen if many people participate.** So ... plant your

plants, harvest your fruits/vegetables, dust off your recipes, do some canning/baking, and plan your sewing, knitting, egg decorating, stamping and woodworking projects (whatever you can think of and create) as you think about what you'll have to offer for the **2018 Dessert Faire**.

With your help, we can make it a very successful venture, and the more money we raise, the more we can give back to our church!

Judy Drummond





PARISH NURSES

Guide to Osteoporosis

part 1 of 4 part series



What Is Osteoporosis?

Osteoporosis means "porous bones." Our bones are strongest at about age 30, then begin to lose density. More than 10 million Americans have osteoporosis, which is significant bone loss that increases the risk of fracture. About half of women 50 and older will have an osteoporosis-related fracture in their lifetime.

Symptoms of Osteoporosis

You might not even realize you have osteoporosis until you have a fracture or an obvious change in posture. In fact, you could have significant bone loss without even knowing it. Back pain, caused by changes in the vertebrae, may be the first sign that something is wrong.

What Causes Osteoporosis?

Our bones are constantly being rebuilt throughout our lifetime. Bones are made up of collagen, a protein that provides the basic framework, and calcium phosphate, a mineral that hardens the bone. As we age, we lose more bone than we replace. The greatest change in a woman's bone density comes in the five to seven years after menopause.

Risk Factors You Can't Control

Women who are thin and have a small frame are more likely to develop osteoporosis. Heredity plays a role, and so does ethnicity. It is more common among whites and Asians, though African-Americans and Hispanics may still be at risk. Some conditions, such as type 1 diabetes, rheumatoid arthritis, inflammatory bowel disease, and hormonal disorders are also linked to bone loss.

Risk Factors You Can Control

Smoking, an inactive lifestyle, and a diet low in calcium and vitamin D place you at greater risk for osteoporosis. Excess drinking is linked to bone loss and a risk of fractures. Corticosteroids, anti-inflammatory drugs used to treat asthma and other conditions, increase your risk of bone loss. Eating disorders (anorexia nervosa or bulimia) can also take a toll on bone health.

Ken and Mary Hulet, Parish Nurses



Come and See... Go and Tell/Cursillo

*Dumas Bay Conference Center,
Federal Way | October 19-21 | \$100*

Come and See... Go and Tell/Cursillo offers an experience of spiritual renewal. You are invited to

experience God's unconditional love while deepening your understanding of Jesus' teachings. Stories of faith presented on the weekend encourage living out one's baptismal covenant in the world.

The next weekend at Dumas Bay Conference Centre, Federal Way, begins mid-day Friday, October 19, concluding Sunday afternoon, October 21. Guest cost of \$100 includes all retreat materials, all meals and snacks and 2 night's lodging.

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PARISH NURSES



Preparedness in Your Car

Now that you have your emergency supplies for your home, what happens if you end up marooned in your car? **You should also include an emergency kit in your car.** A significant amount of time is spent in your car.

Food and water to sustain you and your passengers for 2-3 days

A blanket (and maybe a pillow)

A flashlight and radio with extra batteries

Enough of your routine and **emergency medications** to sustain you for 3 days

A whistle

Some **minor first aid items** or first aid kit

Survival kit to include a mirror, matches, secondary fire starter, extra warm clothes, hand warmers, trash bags and grocery bags (to put on your feet and wear inside your shoes for warmth and insulation and to keep your feet dry)

Extra **hats and gloves**

A tool kit

Emergency warning devices such as **reflective triangle and/or flares**

A tarp

Jumper cables

Chains during the winter and **tow cable**

Emergency contact numbers

Let people know your travel plans and route and expected return so they have a place to start looking

Do not let your gas tank get below half full

Optional: **a deck of cards and a book**



Planning now will help you survive an emergency. Don't wait for the emergency. By then it will be too late.

Ken & Mary Hulet, Parish Nurses

TIDINGS

Published monthly by

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The Rev. Arienne Davison - Vicar

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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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**In the love of Jesus Christ, St. Bede joyfully welcomes you
and seeks to serve and to nurture spirituality in all.**