



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA

Our Newsletter



"The Tidings"

JULY, 2018

Special Events

Camp Houston
- see article for details

**Sarah and Glen Yergin
Anniversary Party, July 8**

**School Supplies
donations start July 15**

Family Kitchen – July 23

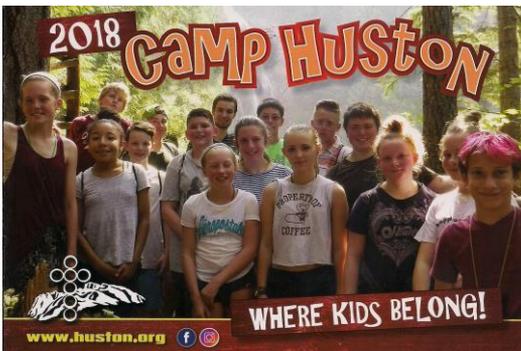
**Mark your Calendars:
St Bede Church Picnic
Sunday, September 9
at St Bede's**

ST. BEDE FAMILY JULY BIRTHDAYS



John Pope
Charles Billings
Mary Hulet
Margo Spence
Jeff Chance
Janice Williamson
Mary-Francis Jones
Gretchen Nelson
Patrick Johnson

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.

St Bede's Zoe Wiltz will be a counselor at Camp Huston this year.

Scholarships are available - ask Arienne or Kathleen

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.**



OUTREACH COMMITTEE



Dear Church Family,

In June your Outreach Committee sent funds to: **Helpline; Global Teams; ERD for Guatemala; and Bremerton YWCA Women's Shelter.** These should be self-explanatory.

Upcoming Outreach events are: **School Supply donations to begin July 15th or thereabouts and Glen and Sarah's Anniversary.** A list of suggested supplies will be in the Bulletin on July 15th.



The 6th Anniversary of Glen and Sarah's 1st Anniversary will be after the 10AM service on the 8th and they are hoping for lots of wonderful paper gifts -2 ply please. These will be taken to Helpline and distributed to those in need. **TP is a VERY necessary item and cannot be purchased with Food Stamps - Helpline is always in short supply.** Please be generous.

In May, your Outreach Committee allocated money to: **Helpline; Episcopal College Ministries; Senior Chuck Wagon; and Cystic Fibrosis Foundation.**



Episcopal College Ministries (this one based in Bellingham) serves the students in near-by Western State University. It is nice to know someone is looking out for our College kids when they are away from home.

The Cystic Fibrosis donation is because one of our Congregation has a family member who was born with this and, thanks to the research and new treatments, the young one is doing well.



If you have a Charity that is close to your heart and you would like us to consider it, please let us know. This is YOUR Outreach Committee and YOUR money we are sending out to do God's work. We welcome your input. Blessings on all who do God's work in this world.

Blessings, Your Outreach Committee



PARISH NURSES

I know I started a series on osteoporosis, but in sight of recent events, this article is much more pressing.



Recognizing and Treating Depression

You've noticed some changes lately. Maybe you feel sad, hopeless, or don't get any joy out of activities that used to be fun. Sounds like depression, right?

Maybe that's not all. Sometimes you're worried, afraid, and just plain uneasy. Isn't that a sign of anxiety?

Not so fast. It's normal to have ups and downs or to have things you're concerned about. You might be going through a difficult time. Your doctor can help you figure out if it's actually a condition and what would help.

Depression and anxiety are like flip sides of the same coin. "Being depressed often makes us anxious, and anxiety often makes us depressed."

If it turns out that you have both conditions, there are lots of ways to get help.

Talk Therapy (Counseling)

A professional therapist can develop a plan to treat your anxiety and depression at the same time. Ask your doctor for a referral.

Medication

Your doctor may prescribe an antidepressant drug that treats both depression and anxiety symptoms. Tell your doctor about all your symptoms so he can decide which is best. Also mention any supplements you take, even if they are "natural," in case they could affect your treatment. Keep in mind that it may take a few weeks or months for your medicine to work. You may have to try a few different kinds before you find one that's best for you.

What to Do When Depression and Anxiety Mix

Exercise

It's a proven mood-booster that's good for your body and mind. Exercise also raises your self-esteem and confidence and can improve your relationships. And it's considered to be a treatment for mild to moderate depression.

"Even a brisk walk can jump-start the endorphins," which are chemicals in your brain that help you feel good. High-energy and frequent exercise is best. Aim to do it at least 3-5 times a week. If you need motivation, go with friends or join a group.

Relaxation Techniques

Give yoga, meditation, and breathing exercises a try. Meditating for just 2-5 minutes during the day can ease your anxiety and lighten your mood;

Focus on your breath

Make a picture in your mind of a beautiful image

Repeat a simple word or mantra, like "love" or "happiness"

Check Your Diet

Don't let "comfort food" put your eating habits out of balance. Anxiety and depression often trigger cravings for carbs. Choose lean protein with a little bit of "good" fats to feel more satisfied and calmer. And fill half your plate with fruits and veggies. Limit or avoid sugar, caffeine, and alcohol.

Get Support

Strong relationships help you feel better. Reach out to family and friends and let them know what you're going through so that they encourage you. You can also join a support group, where you'll meet people who are going through some of the same things you are.

Take Some Steps on Your Own

Get organized. "Less clutter in your physical surroundings, email inbox, and to-do bucket will help your mind be more at ease,". You don't have to tackle it all at once. Make a plan to work on one area at a time.

Make new goals. Is there something you've always wanted to do, or a place you want to go? Create a step-by-step, realistic plan to make it happen.

Do something meaningful. Get involved in an activity that feels important to you. It may be athletic, political, spiritual, or a social cause where you can volunteer. Look for something that gives you a sense of purpose.

Be creative. Direct your focus into something constructive. Rediscover your strengths. If you have a long-lost talent or interest, dive back into it. Try poetry, music, photography, or design.

Read a good book. It's a great way to relax. There's even research that shows that reading books on spirituality or psychology may boost your mood.

You are not alone. Ken and Mary Hulet, Parish Nurses

DAUGHTERS OF THE KING



The June Daughters Meeting featured a presentation by Sarah Yergin about her Grandmother's involvement in the Suffragette movement in the United States.

DOK Summer Meetings will be announced by phone.

FHS, Barb O'Hearn

FAMILY KITCHEN



We served 34 guests on June 18 and sent home an additional 14 meals. **We had a hearty chicken pasta salad, broccoli, garlic bread, with watermelon and cupcakes for dessert.**



There is such generosity in our community and hearts for service to others. Everyone cheerfully lets me boss them. We welcomed Rita and Lynn to our group, too. Thank you, Fran, Richard, Jami, Sarah, Glen, Phil, Ron, Kathleen, Gary, Don, Debbi, Linda, and Rod, for everything you do for FK.

With the hot weather coming, I am asking for cold main dish recipes.

Please email them to me at: margospence@msn.com.



Next Family Kitchen is July 23, 2018. We serve from 11:00am until 6:30pm. There is a crew that sets up the dining room, a crew that preps the food, and a crew that comes in to dish up, serve, and clean up. Between 1pm and 3pm it is usually quieter. Food safety is a priority. Some things are absolutes, but other things are flexible.

Washington State has videos on their website for safe food handling. Anyone can view them. Food safety is important in our home kitchens, too. Have a great summer! **Margo Spence, 360-710-1725**

EPISCOPAL CHURCH WOMEN (ECW)

On **Friday, June 1st, we held our annual Spring Fling rummage sale,** our major annual fundraiser. After much discussion of past Spring Flings, it was decided to have the event this year, but only for one day, due to a shortage of volunteers and donations. Though we enjoy doing Spring Fling, it is very labor intensive, involving 4 - 5 days of work sorting and selling, then clean-up. **With some wonderful volunteers, we were able to bring in \$870.60, minus cost of food and advertising, \$95.44. The total profit was \$775.16.**



We want to thank all those who donated items for resale. Without your contributions, we could never do Spring Fling. Also, a very BIG thank you to those who gave of their time to help set up, sell, and clean up.

On July 17 at 11am, ECW will have a pot luck picnic at Judy Houle's beautiful home and garden. Jami Bledsoe



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.



PARISH NURSES **Preparedness at Work**



Now that you have your emergency supplies for your home and car, what happens if you end up having to shelter at work? You should also include an emergency kit for work. Food and water to sustain you and your passengers for 2-3 days.

Food and water to sustain you for 2-3 days;

A Blanket and maybe **a pillow**;

A flashlight and radio with extra batteries; a change of clothes;

Enough of your routine and emergency medications for 3 days.

A whistle; some minor first aid items;

Emergency contact numbers; optional deck of cards and a book.



*Planning now will help you survive and emergency.
Don't wait for the emergency, by then it will be too late!*

Ken & Mary Hulet, Parish Nurses

TIDINGS

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