



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

AUGUST, 2018

Special Events

Camp Houston
- see article for details

School Supplies
donations container in Parish Hall

Godly Play Orientation
Saturday, August 25
9am – 2pm in Parish Hall

St Bede Church Picnic
Sunday, September 9 at St Bede's

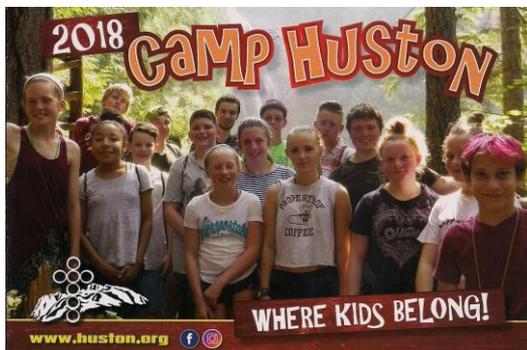
Bible Study - Book of Acts part 2
on Mondays, starting
September 10, from 1pm – 2:30pm

ST. BEDE FAMILY AUGUST BIRTHDAYS



Zoe Wiltz Gail Rolfe
Ray Jones Ernie Beetz
Elaine Little Russ Hargrave
Marv Carter Peggy Parsons
Sharon Billings
Cami Walter Leslie Hopkins
Mary Douglas

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

DAUGHTERS OF THE KING



The August 11 meeting of the Daughters of the King will be a bring-your-own-no swap brown bag lunch. We will meet at 10:30am at Judy Houle's home. Drinks will be provided. **Please RSVP to Judy Houle at 360-876-1342.**
See you there! **FHS, Barb O'Hearn**

Godly Play Orientation

sponsored by



The Episcopal Diocese of Olympia

August 25, 2018 + 9:00am-2:00pm

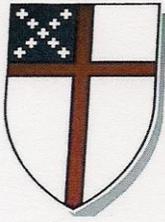


Learn about children's formation using the Godly Play method.

This orientation will help people new to Godly play learn the basics of the Godly Play classroom.

Register @ St. Bede's: **360.876.1182** or **bedeschurch@gmail.com**

Hi Friends! If you are looking for a way to serve St Bede, more specifically the children of our congregation, there is an excellent opportunity! As you know our younger members are growing in numbers and we need to be able to offer them a suitable Sunday School. **We've selected a wonderful curriculum "Godly Play". We are moving forward to launch in the fall, however, we need some volunteers to teach and guide our kids.** This is not a difficult curriculum, we just need the right people to be a part of our smaller folk's spiritual lives. **A Godly Play Orientation will take place Saturday Aug. 25th from 9am-2pm.** If this is something that sounds like a good fit for you, **please contact Kathleen in the office to register.** If you're curious, feel free to get in touch with Arienne or peruse the curriculum in the office. **Thanks in advance!**



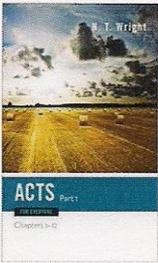
St. Bede's

Episcopal Church

Bible Study at St. Bede's

Fall 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 2): A 12-week Study

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

Dates: September 10, 17, 24 October 1, 15, 22, 29 November 5, 19, 26
December 3, 10

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](#)



MARK YOUR CALENDARS

FALL SOUP SUPPER PROGRAM

The Way of Love- Practices for Jesus-Centered Life

Wednesday Soup Suppers – 6-8pm in the Parish Hall
September 26, October 3, October 10 and October 17.

We will explore 7 spiritual practices that Presiding Bishop Michael Curry calls "The Way of Love."

EPISCOPAL CHURCH WOMEN (ECW)

The women of St. Bede enjoyed a luncheon at the home of Judy Houle on July 17. The day was perfect, the food wonderful and the company excellent. Judy's gardens were in full bloom and beautiful. Birds visiting the bird feeders were entertaining. Conversation was friendly and fun. Thank you Judy for opening your home to us.



Episcopal Church Women at St. Bede also carries the title of **Martha and Mary's Guild** and, as did Martha and Mary, we serve as the Lord leads/needs us. We also add play in the summer months. **In August instead of the usual meeting, we shall gather over lunch.** It is still to be decided as to where. Listen at Church services for more details. **The date, though, is set for August 21, when we will assemble at the Church before going to lunch. Do save the date and plan to join the group for lunch and fellowship.**



The Pillowcase Project is now done with distribution completed. So many hands participated and the **Homeless Mat Project** which was also a part of the workshops is now in the hands of those who will weave them under the direction of Ken Hulet. **Do contact Ken if you want to be a part of making the mats.**

Jami Bledsoe's Pillowcase Project report:

We sent 56 dresses to Tucson and they arrived on July 10th. They went to the Voyager RV Resort. There is a group there called Nimble Fingers that will be pairing them with matching t-shirts, so they can be worn for a longer time once the weather cools. Once matched, they will be distributed to Prima Vera, which works with foster children in the Tucson area. My Nimble Fingers contact said there were lots of ohh and ahh's as the dresses were pulled from the box.

A very big thank you is extended to all the people that made this happen. We still have a few dresses left to complete and, once completed, these dresses will be going to Kitsap foster children, as we now have a contact in our area. **Anyone wishing to take a few dresses to complete can call me at 360-871-1667 (house) or 360-731-9077 (cell).** I will be happy to share the dresses, which are in various stages of completion. **Mary Ann Balyeat, President**



MUSIC ARTICLE

Our hymns have been joyous these past weeks with a generous sound coming forth from the congregation. **I especially noted the strong singing at Bill Balyeat service - he would have enjoyed that!**

Some hymns have special meaning that is enhanced by the structure of the music. There is usually an emotional story behind the words that was the reason the writer felt the need to compose these lyrics. Some of these histories can be read, if you are interested, on web sites such as "Hymnary."

Our hand chime choir has been invited to a church in Bremerton this month where Linda Beetz is choir director. We have 6 players who use 12 to 14 hand chimes to bring out the melody of each song. We are working on playing a few familiar tunes which are buried deep in the harmony and overtones of those stainless-steel rods.



Handchimes

Our next hand chime offering at St. Bede's will be in August. If any of you want to give it a whirl, we have the chime for you! You can start with just one-it's easy.

Also, I would welcome your guitar accompaniment for songs such as "Amazing Grace"(only 3 chords!), or "All Things Bright and Beautiful," (3 or 4 chords). **Any time you would like, I will show you or your kids this wonder-full keyboard we have,** and you can play the 'organ' while I accompany YOU on the guitar!



Thank you for the opportunity to assist in our worship service.

Mary Ferreira

Remember

**St Bede Church Picnic, held at St Bede's
Sunday, September 9
following the 10am service
Hamburgers, hot dogs and buns provided.
Bring pot luck dish & your own drinks.**



Guide to Osteoporosis part 2 of 4 part series

It is time to return to this series. It was interrupted for more pressing issues, but that is the beauty of flexibility. Enjoy.

Does Everyone Get Osteoporosis?

Bone loss is a natural part of aging, but not everyone will lose enough bone density to develop osteoporosis. However, the older you are, the greater your chance of having osteoporosis. Women's bones are generally thinner than men's and bone density has a rapid decline for a time after menopause, so it's not surprising that about 80% of Americans with osteoporosis are women.

Do Men Get Osteoporosis?

Osteoporosis is much more common in women, but men are at risk, too. In fact, about 25% of men over 50 will have an osteoporosis-related fracture. Osteoporosis may be under-diagnosed in men because it is often considered a "woman's disease" and men may not be tested.

Osteoporosis and Fractures

Osteoporosis is the underlying cause of 1.5 million fractures every year. Spinal compression fractures are the most common -- tiny fractures that can cause the vertebrae to collapse and alter the shape of the spine. Hip fractures can cause lasting mobility problems and even increase the risk of death. Wrist, pelvic, and other fractures are also common in people with osteoporosis.

Osteopenia: Borderline Bone Loss

If you have bone loss but not enough to be osteoporosis, you may have a condition called osteopenia. As with osteoporosis, there are no physical symptoms. Osteopenia can progress to osteoporosis, but with changes in diet and exercise, you can slow the bone loss. Your doctor will evaluate you to see if you need medication.

Can Osteoporosis Be Reversed?

Most medications for osteoporosis reduce bone loss or slightly increase bone density. Forteo helps build new bone, but requires daily injections and can only be used for two years because of potential side effects. But there's a glimmer of hope for a cure for osteoporosis. New research in animals indicates that an experimental drug that blocks serotonin from being synthesized in the gut could actually build new bone and reverse bone loss.

Living With Osteoporosis

Osteoporosis doesn't have to interfere with your life. In fact, being inactive or immobile will worsen bone health. So, get out and walk and enjoy leisure activities. Ask for help carrying heavy grocery bags or other items, and use railings or a cane or walker if you need stability.

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.

ST BEDE CHURCH PICNIC

**SUNDAY, September 9
AT
ST BEDE' S CAMPUS**

**We will hold our
10am Service as usual
followed by the picnic.**



Hamburgers, hot dogs and buns
will be provided,
as well as plates, napkins and cutlery.

Please bring a potluck dish
to share,
and
whatever you would like to drink,



FALL SOUP SUPPER PROGRAM

The Way of Love – Practices for Jesus-Centered Life

Wednesday Soup Suppers: 6-8pm
in St Bede Parish Hall,
September 26, October 3, October 10, and October 17

Being a disciple of Jesus involves practicing spirituality.
In this 4-week series, we will explore 7 spiritual practices that Presiding Bishop Michael Curry calls “The Way of Love.”
These are **Turn, Learn, Pray, Worship, Bless, Go, and Rest.**

Join us for food fellowship, learning, and prayer.
We open at 6pm with a shared meal.
After an hour of learning and conversation
we will close with Compline.

.... Man cannot find the true
essential joy of his life anywhere
but in his relationship to God.

- Oswald Chambers
- *‘Minister’s Little Instruction Book’*

TIDINGS

Published monthly by

St. Bede Episcopal Church

1577 SE Lider Rd.

P.O. Box 845

Port Orchard, WA 98366

360-876-1182

bedeschurch@gmail.com

www.stbedeschurch.org

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**



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.**