



**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**SEPTEMBER, 2018**

***Special Events***

**Grief Share Group**  
**Starting Tuesday August 28 at 5:30pm**

**St Bede Church Picnic**  
**Sunday, September 9 at St Bede's,**  
**following 10am service**

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

**Fall Soup Supper Program**  
**Starting Wednesday September 26 at 6pm**

# ST BEDE CHURCH PICNIC

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

**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





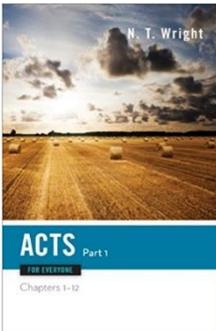
# St. Bede's

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](#)



## ST. BEDE FAMILY SEPTEMBER BIRTHDAYS



Barbara Dirks  
Jonah Wilson  
Elias McFarland  
Fran Valley  
Kristal Wilson  
Joe Wiltz  
Teresa Barnet  
Naomi Wanliss  
Judy Wilkin      Marilyn Kaes  
Ken Burtner  
Charlie Davison      Elena Hopkins  
Barbara Knoch

### 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.

**Thank  
YOU!**

I wish to **THANK** you my very special Church Family for the prayers, love and support you have shown me, especially during the last little while, as I make my recovery from sinus surgery (and yellow jacket stings.)

The surgery was much more delicate, sensitive and involved than I had anticipated, hence a longer recovery time. **Thank you again,**

**Kathleen Ebbert**

## **GRIEF SHARE**

**St Bede's is starting a new GriefShare Group.**

This will kick off with a one session program called 'Death of a Spouse', and then go directly in to the full 13-week program.

GriefShare is a formal Christian based program utilizing discussion, video, and homework, to help those who are grieving along their journey of recovery.

**The first session will be on Tuesday, August 28 at 5:30pm and will continue for 14 weeks.**

**The location will be in the church basement (undercroft).**

There is a nominal fee to defray the cost of the workbooks. \$5 for 'death of a Spouse' and \$20 for the rest of the program (there is no charge if you have already taken the course and have your workbook.)

# Fred Meyer®



Dear St. Bede Episcopal Church (RE860),

The Kroger Co. Family of Stores is committed to bringing hope and help to the local neighborhoods we call home. Our stores are on a mission to go beyond being a part of the community to also helping create a stronger community. **We appreciate your participation in our Community Rewards program to help accomplish that mission!**

We have recently upgraded our Community Rewards system, and as a result, **your Non-Profit Organization (NPO) has a new account number. (RE860). Please reference the new number when contacting us for assistance.** While the previous number will continue to be associated with your organization, it will not be visible to members when enrolling. New members can enroll by searching for either the **new number** or the **name of your organization.**

If you have any questions, please email [fmcommunityrewards@fredmeyer.com](mailto:fmcommunityrewards@fredmeyer.com) or visit our website at <https://www.fredmeyer.com>.

Thank you for being such an important organization in our community.

**I do encourage St Bede members to enroll in this program.**

## FLOWER AND CANDLE DONATIONS



We still have openings on Sundays October 7 and 21, November 4 and 18 and December 9, 23 and 30 if anyone would like to donate \$20 for flowers in tribute to a loved one.

For \$5 sanctuary candle donations, we have openings on Sundays November 18 and 25 and December 2, 9, 16, 23 and 30.



**Thank you** to the Billings, the Burtner, Adrian Cysouw, Judy Drummond, the Ebberts, Arthur Ferguson, Paul Gaudette, Evellyn Gunderson, Cami Jones, Anne Liepman, Pam Rowland, the Wilkins, and the Yergins for making payments.

For those who still need to donate, **please make checks payable to St. Bede's with flower or candle donation in the memo line.**

**Special thanks to the Altar Guild for arranging beautiful flowers each Sunday.** Please contact Cyndy Dillon, cpdillongh@comcast.net or 253 225-9284 for any questions.

## DAUGHTERS OF THE KING



Two guests were welcomed to the August 11 meeting of the Daughters of the King held at Judy Houle's home. After a mini business meeting, **Margo Spence discussed the challenges of keeping within the budget for the Family Kitchen meals.**

**Jami Bledsoe presented a selection of the pillow case dresses** and revealed the several destinations of the completed ones.

The brown bag picnic created lots of discussions.

**Our next meeting will be on Saturday, September 8.**

**FHS, Barb O'Hearn**



**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.

## MUSIC ARTICLE



Most Sundays this year it appears that St. Bede's has no choir, but this is untrue when you hear the hand chimes play. Think of Christmas when they played carols and Easter when you could both hear and sing "Alleluia" along with the bells.

As a musician playing in church, I feel we have a call to bring all the talents of the congregation into the service of worship.

This Sunday we had the opportunity to welcome several willing people into our hand chime CHOIR to play with our group of six.

**St. Bede's has a large set of beautifully made hand chimes, and each player can play at least two or may feel that one is enough for the first efforts.** There is something about the sound of bells that characterizes church worship, don't you think?



There is a long history of chiming and bell sounds which are integral parts of ancient and contemporary church music and is well developed. We will add to the simple beauty of our service with this lovely instrument played by our own members.

Your devoted musician, **Mary Ferreira**

## FAMILY KITCHEN



Family Kitchen served 24 in August.

**There were sandwiches and chips, green salad, a bean and corn medley, with sliced peach jello for dessert.** The meal was not labor intensive nor

did it require any real cooking.

Ron and Gary set up the dining room. A nice man dropped off some gorgeous red roses. Jami trimmed them and found vases for the tables. The diners loved them and were able to take them after dinner.

I learned how to use the dishwasher, but I was really happy Rod and Gary were there. If push came to shove I could manage.



We can always use extra hands. If you only have an hour or 2 that would be great. The busy times are food prep from 11 am to 1 pm and serve and clean up from 3pm to finish at about 6 pm.

**Thank you for all you do to support the Family Kitchen.**

**Margo Spence**

## EPISCOPAL CHURCH WOMEN (ECW)

**Welcome back from summer activities!**

The July luncheon, hosted by Judy Houle, was a wonderful event with a good attendance. A perfect day in a perfect setting plus delicious food made for a good day for all.



**The next ECW meeting will be held in the Parish Hall at 10:00 am on September 17.** Coffee, tea, conversation and a planning meeting for Fall and Winter are on the agenda. Please do plan to attend.

**Mary Ann Balyeat, President**

## DESSERT FAIRE

Calling all members of St. Bede's to be thinking about their donations for the **DESSERT FAIRE in December!** It's hard to believe, but December is a mere four months away, and time will pass more quickly than we'd like to imagine. **Bakers, canners, gardeners, and anyone with a talent for creating are encouraged to be thinking about what they can contribute.**



**It is my hope this year's DESSERT FAIRE be filled not only with the usual wares, but new and different irresistible items as well.**



If anyone is interested, it might be fun to have a couple of gift baskets. Think outside the box and let your imagination go wild!!

**Judy Drummond**



## PARISH NURSES



### When Should You Call 911?

#### Trust Your Gut

One of your most powerful tools is your own observation. Most of us have a sense for when a situation is dangerous. If your instinct or intuition tells you it's serious, call 911 or go to the nearest emergency room. It's always better to err on the side of caution when it comes to your health.

#### Chest Pain

If you have chest pain or pressure that lasts more than a couple of minutes, or if it comes back, it's time to call 911. You shouldn't try to drive yourself or a loved one with these symptoms. The ambulance has special equipment and trained people who can help you more quickly.

#### Shortness of Breath

If it happens suddenly and is keeping you from your everyday activities, have someone drive you to the emergency room. Call 911 if it's severe or if you also have nausea or chest pain or you pass out. You could be having a heart attack or pulmonary embolism (a blood clot in your lung).

## Vision Problems

Call 911 if you suddenly have blurry vision, double vision, or loss of vision. That can be a sign of stroke or other serious illness. You also should call 911 if you have trouble seeing and have a bad headache, nausea or vomiting, numbness, weakness, dizziness, confusion, or trouble talking.

## Burns

Get to the emergency room if the burn is on a large part of your hands or on your feet, face, buttocks, groins, or one of your big joints, like your knees or elbows. Also get emergency medical attention if it's blistered bigger than 3 inches or charred or white (third-degree burn).

## Vomiting

You should go to the emergency room if there's blood in the vomit or you have other symptoms, like severe headache or abdominal pain, confusion, or fast breathing or heart rate. A child younger than 6 should be seen right away if vomiting lasts more than a few hours or he has any signs of dehydration. Kids over 6 and adults should see a doctor if the vomiting lasts longer than a day or they have a high fever (over 101 F for adults and 102 F for kids).

## Head Injury

A bump on the head can be serious and need immediate medical care if you pass out, have a seizure, or have a headache that won't go away, persistent vomiting or nausea, slurred speech, or you feel confused, weak, numb, or less coordinated.

## Deep Cuts

If you can see yellow fatty tissue under the first layer of skin, you should get to the emergency room. It will need quick attention if it won't close or if it's on your face, neck, genitals, or across a joint or you're bleeding badly or have a foreign object stuck in the cut.

## Stomach Pain

If it lasts more than 30 minutes -- especially if it's sudden and intense -- you should seek emergency medical care. Pain that doesn't get better or happens with vomiting could be something serious like an inflamed appendix.

## **Testicular Pain or Swelling**

This can be caused by an injury or infection, but it also can be a sign of serious problems in your abdomen. Get immediate care if the pain is severe or comes on quickly, or you have nausea, vomiting, fever, or feel a lump in your scrotum.

## **High Fever**

If a baby younger than 3 months old has a temperature of more than 100.4 F, she needs to be seen right away. This is true for a child of any age or an adult who has a fever of 104 F or higher.

## **Confusion or Trouble Speaking**

These are two of the most common symptoms of stroke. Don't take any chances -- call 911 right away. Other stroke symptoms may include sudden problems walking or balancing, intense headache, drooping on one side of your face, and numbness or weakness on one side of your body.

## **Broken Bones**

If you think you have a broken bone, see a doctor as soon as possible. It's an emergency situation if a bone pierces your skin, or if the injured body part looks deformed or is numb or bluish

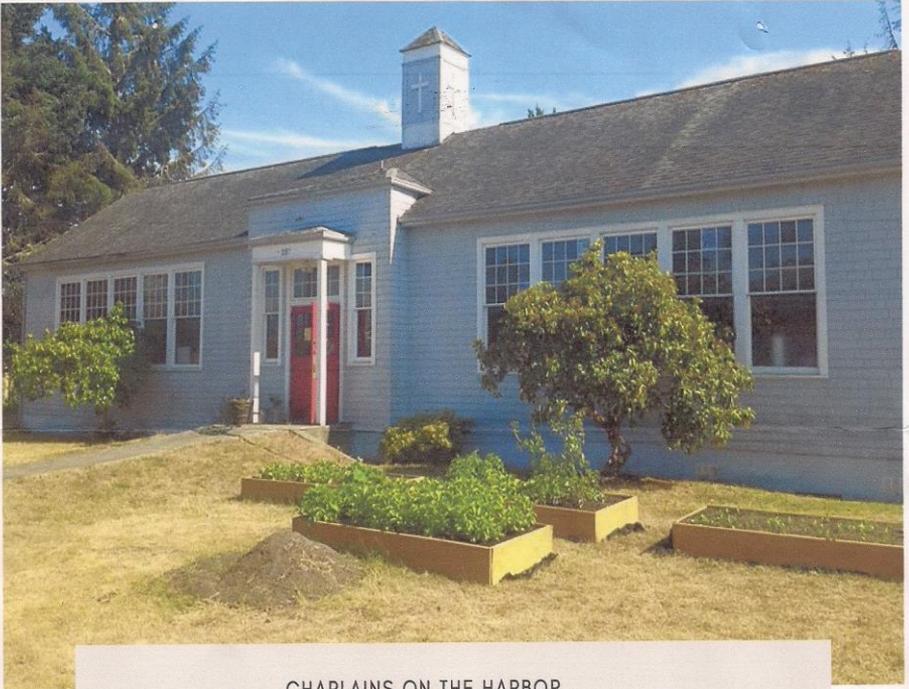
## **Vaginal Bleeding During Pregnancy**

It's not always a sign of something serious, particularly spotting or light bleeding in the first trimester, but you should note your symptoms and call your doctor. Get medical care right away if you have heavy bleeding or you also have cramping, dizziness, or pain in your belly or pelvis.

## **Special Case: Blood-Thinning Medications**

Even a minor injury can be serious if you take blood thinners. Call 911 if you have an injury and your heart rate or breathing becomes fast or you have trouble breathing, a headache, or feel sleepy, faint, or dizzy. Also, bruises that get larger or more painful may be a sign of internal bleeding and mean you should get emergency care.

**Ken and Mary Hulet, Parish Nurses**



CHAPLAINS ON THE HARBOR

# Thank You St Bede's!

We thank you so much for your generous support of our ministry over the past year, in so many ways. We are grateful for your financial support, for your visits to our program in Westport, and your donations of needed supplies to our work. You have all been an immense blessing to us. Thank you for partnering with us in the work of the gospel and for reminding us that we are not alone here, but are part of the larger diocese and church. We look forward to continued partnership and exchanging visits.

~Rev Sarah and all of us here at Chaplains on the Harbor

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## **TIDINGS**

*Published monthly by*

**St. Bede Episcopal Church**

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[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.**