



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA

Our Newsletter



"The Tidings"

OCTOBER, 2018

Special Events

Bible Study - Book of Acts part 2
Mondays, from 1pm – 2:30pm
See page 3 article for more details

Grief Share Group
Tuesdays at 5:30pm
See page 6 article for more details

Fall Soup Supper Program
Wednesdays, September 26,
October 3, 10, & 17 at 6pm
See page 4 article for more details

ST BEDE CHURCH PICNIC



What a tremendous time we all had at our Annual Church Picnic on Sunday, September 9. We had a great attendance and it was a great opportunity to meet new people and reconnect with others who we perhaps have not seen in a little while. **The energy in the Parish Hall and outside was electric!**

I wish to say a big **THANK YOU to all who attended for making it such a success.**

Special thanks go to Grill Masters Gary Ebbert and Tom Wilkin who kept the hamburgers and hot dogs coming.



Thanks also to our Episcopal Church Women who made sure the various dishes were refueled and taken care of.

Most of all **THANK YOU to all who came and who brought the tremendous array of delicious food to share.**

What a great selection we had – certainly no-one went away hungry!

Listening to people's reactions and comments – I would say our Picnic was an outstanding success. It was a special time of camaraderie, of visiting and catching up with others.

We are so blessed individually and as a congregation.

Kathleen Ebbert





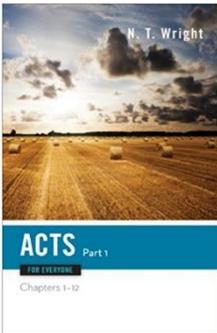
St. Bede's

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 OCTOBER BIRTHDAYS



Jessica Proud
Mac Washburn
Clara Reduto
Donna Pope
Sarah Prasser
Adriaan Cysouw
Tamara Peterson
Ben Washburn
Cami Jones

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.

FLOWER AND CANDLE DONATIONS



Our lovely altar flowers certainly enhance our services. Thank you to those who recently signed up to donate \$20 for flowers, particularly since Altar Guild funds are running low.

The following Sundays are still available:

October 28, November 18, and December 9, 23, and 30.

For \$5 sanctuary candle donations, the following Sundays are open: November 18 and 25 and all in December.



In addition to those mentioned last month for making payments, thank you to Edna Erfe for submitting a donation. For those still intending to donate, **please make checks payable to St Bede's with flower or candle donation in the memo line.**

Cyndy Dillon, cpdillongh@comcast.net or 253 225-9284 can answer any questions.

MISSION TO SEAFARERS DITTY BAG PROJECT



Caring for seafarers
around the world

This summer, the Ditty Bag Project Committee – Judy Houle, Judy Wilkin, Leigh Price and I - sewed 320 bags for the Mission to Seafarer's. The bags will be taken to Diocesan Convention to be filled with supplies.

This is the **LAST** year we will do the bags. I have a beginner kit for the next person who would like to head this project.

Thank you to the Committee for their assistance.

Barbara O'Hearn

GRIEF SHARE

St Bede's is hosting a GriefShare Group.

A 13-week program is now in progress
– feel free to join in at any time.

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

**Session will be on Tuesdays at 5:30pm
and will continue until December 11.**

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.)

DAUGHTERS OF THE KING



Our September 8th meeting included a reaffirmation of the current officers by Chaplain Edna Erfe.

The lesson, presented by Barbara O'Hearn, traced the origin of the women's movement from 1400 in Belgium forward. We are one of many

groups which center on Prayer, Service and Evangelism for God by women who were unable to voice any topic by the Roman Catholic Church in 1400. Lots of discussion followed.

**Our next meeting will be Saturday, October 13 at 11am
in the Parish Hall. FHS, Barb O'Hearn**

EPISCOPAL CHURCH WOMEN (ECW)

School is in, autumn is here, and planning for the rest of 2018 has begun. ECW (Women of St. Bede) held its September meeting on September 18 in the Parish Hall.

On the agenda was the **Thanksgiving Church Potluck meal, sponsored by the ECW on November 18, following 10am service.**

ECW purchases the Turkey, cooks it and includes

gravy, **attendees provide the complimentary dishes.** It is a well-attended event. Do add it to your calendar.



Enthusiastic planning for the Christmas Faire, to be held on December 9th, has begun. **This is a total participation event on the part of the St. Bede community. It is successful because everyone contributes.**

This year Judy Drummond has offered to organize the event and is asking for help in putting together new ideas, in addition to the usual Christmas goodies, and crafts, etc. to help make it even



more interesting and tempting for our Christmas gifts giving. Food, of course, will be the main focus and my, oh my St. Bede people do come through with



wonderful food items.

Do you have a woodworking hobby? Do you sew or do needlework or some other craft or skill?

Donations are being sought to be sold at the Faire and are a good addition to making this an even more successful event.

All proceeds are used for the good of St. Bede Church.

Please do contact Judy Drummond or me if you have an idea, an item to donate, or just want to talk about the Faire.

Mary Ann Balyeat, President



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



Preludes in church are presented before the service as a musical offering to help us 'get in the mood' with music. The musician chooses the best sounds to play, either as background or 'performance'. We have had a choir that sang complex anthems in the past, and occasionally I

still play these pieces written specifically for introduction to the service. Included is always a short piece by the great classical composers. By the time the priest has led the gathering prayer, the music has created the setting for worship.

If there are hymns or music that are special to you, please tell me about them and I will research and play them - occasionally there is a great song that just fits into the theme/readings of that Sunday which we can sing together during the Offering. If a tune is unfamiliar to the congregation, Arienne will announce a 'sing thru' and we'll learn it! Remember when we made a list of our favorite hymns? I still follow it and I'm happy that it has expanded to include modern songs of praise and traditional hymns from other cultures.

Our congregation is our choir, and we enjoy our participation music. It sounds more enthusiastic every time we sing together. Your grateful organist/musician. **Mary Ferreira**

FAMILY KITCHEN



What a day!

The menu this month was a **Thanksgiving dinner with all the fixings**. It seemed appropriate to

display my gratitude with a dinner that represents everything I am feeling. My children are successful, independent, self-sufficient adults. My immediate family are dealing with a variety of issues with grace and dignity. I have the greatest friends. My church family is a cornucopia of blessings, friendship and love. I treasure all of you.



We served 36 turkey dinners. Thank you, Sarah, Glen, Fran, Kathleen, Gary, Rita, Lynn, and Ron.

This was a complicated meal to prepare and serve. The goal was to have everything cooked and hot at the same time.

The last 30 minutes can be a flurry of activity mixed with some confusion. I promise a simpler meal next month. **The date next month will be October 22.**



Lots of love to Phil, Linda, Richard, Rod, Debbi, Jami, Don, and Clara. Grateful and blessed, **Margo Spence**

OUTREACH COMMITTEE



Dear Church Family,

Your Outreach Committee has requested funds this month for: Helpline; Mission to Seafarers; St. Vincent's Port Orchard; and First Lutheran Community Services.

St. Vincent's does so many things for those who are in need that we are unable to do. For one thing, they are on the bus line. Also, they have resources to vet more fully. We have always been a partner with them in caring for others. For the same reason, we are donating money to First Lutheran Community Services.

We are St. Bede's Outreach. All members of the Church are on the Committee. If you have any suggestions on how our tithe could be used to help others. Please come to a meeting or talk to someone who does. **Blessings, Your Outreach Committee**



Summer is over, and it is time to complete this series. Guide to Osteoporosis part 3 of 4-part series

Testing: DXA Bone Density Scan

Your doctor may recommend a bone mineral density test if:

- You're over 50 and have broken a bone
- You are a woman over 65, or a man over 70
- You are in menopause or past menopause and have risk factors
- You are a man age 50-69 with risk factor



Testing: What Your T-Score Means

Testing compares your bone mineral density (BMD) with that of a healthy 30-year-old, since that's when bone mass is at its peak.

Build Strong Bones with Weight

Weight-bearing exercise can help you build bone and maintain it. That includes walking, jogging, tennis, and other activities where you move the full weight of your body. Using small weights in many different activities helps bones. Women who walk just a mile a day have four to seven more years of bone reserve, researchers have found.



Exercise Caution

While yoga and Pilates can help with balance, too much twisting or forward-bending can increase the risk of spinal compression fractures in people who have osteoporosis. High-impact activities also can be risky for people with low bone density. Swimming and bicycling can be great exercise, but they are not weight-bearing and therefore not as effective in providing bone-health benefits.



Preventing Falls: The Basics



Avoiding fractures is also key to keeping your bones healthy, whether you have bone loss or not. To prevent a fall that could cause a fracture, minimize clutter and be sure that your area rugs are anchored to the floor. Eliminate throw rugs and loose cords. Wearing sturdy, rubber-soled shoes also can reduce the risk of falling.

It's Never Too Late for Bone Health

Many people don't find out about their bone loss until they are in their 60s or older. But you can still benefit from boosting a low calcium intake to recommended levels and exercising regularly. Exercises such as tai chi improve balance, which can help prevent falls.



Ken and Mary Hulet, Parish Nurses

*The Holy Spirit
is the author of dreams.*

*From Minister's Little Instruction Book
by Stan Toler*

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.**