



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

DECEMBER, 2018

Special Events

Christmas Eve Services
Carols at 5:30pm; Holy Eucharist at 6pm
&
Carols at 10:30pm; Holy Eucharist at
11pm

Christmas Day Service
10am – no music

St. Nicholas Celebration
Thursday, December 6; 6pm-8pm

Greening of the Church
Saturday December 15 at 10am

Dessert Faire
Sunday, December 16 following both services

Longest Night Service
Friday, December 21 at 7pm

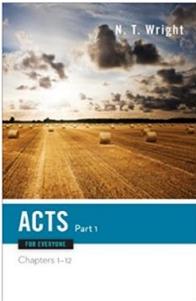


St. Bede's

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: **November 26; December 3, 10.**

As we wrap up the study on the Book of Acts, we will be considering which book of the Bible to tackle next. If you have ideas, 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](#)





**2018 Greening of the Church
Saturday, Dec 15
Start 10:00 am
Finish when everything is up**



Calling all elves!

Bring your extra fun stuff from home: holly, rosemary etc.

Bring work gloves, garden clippers for inside and outside greenery.

Live garland for outside the Parish Hall and Church makes our little church beautiful.

Please consider donating cedar garland - drop it off the week before or the morning of the Greening (by 10:30 am would be great). ☺

Breakfast snacks/drinks will be provided.

Person of contact: Teresa Barnet
360-731-9263

DESSERT FAIRE

No matter how prepared we are, the holidays have a way of sneaking up on us! As the Pennsylvania Dutch say, "The hurrier I go, the behinder I get!" The elves of St. Bede's, however, have been hard at work preparing for a Norwegian Krumkake-making class led by Fran Valley on Saturday, December 15th from 10:00 until noon (coinciding with the Greening of the Church & a good time to drop off donations) and the annual **Dessert Faire**, which will be held this year on **Sunday, December 16 following the 8:00 and 10:00 am church services.**



As always, the main attraction of the **Dessert Faire** will be traditional Christmas and specialty food items donated by the congregation. Some people have already dusted off their recipes and begun baking much anticipated mouth-watering goodies such as breads, rum balls, fudge, etc. I encourage everyone to do the same, so that there will be many yummy contributions, making this year's event as successful as it's always been!



In addition to food, the **Dessert Faire** will include homemade crafts, gently used holiday decor, a Gingerbread House donated by Judy Houle, and Silent Auction items, including a beautiful afghan made by Kathleen Ebbert, themed decorative baskets donated by the Gathering Groups,* and musical entertainment by Laurel Stone. There will be something for everyone, and we hope "kids of all ages" will come prepared to find something you can't live without. Everything will be priced to sell, some very inexpensive, others a little more so. *Please remember that whatever doesn't sell goes home with the donor(s), and we can only accept cash and/or checks ~ **NO IOU's.**



**** A note to Gathering Groups ... Please remember to have your baskets ready for display a week or two prior to the Dessert Faire.**

Judy Drummond

ST. BEDE FAMILY DECEMBER BIRTHDAYS



Gary Ebbert
Jane Ormond
Aidan Mills
Doug Peters
JoAnn Chance
Melaine McCann
Josh Wilson

Jon Wilson
Guy Fulford
London Mills
Joe McGuire
Ken Hulet
Hannah Hopkins
Ron McAdam



St. Nicholas Celebration

***Thursday, December 6;
6pm-8pm***

***and
visit from Santa Claus***

CHRISTMAS SERVICES

Christmas Eve Services
Carols at 5:30pm; Holy Eucharist at 6pm
&
Carols at 10:30pm; Holy Eucharist at 11pm

Christmas Day Service
10am – no music

Longest Night Service
Friday, December 21
at 7pm



A Service to offer
Hope, Peace, and Comfort

DAUGHTERS OF THE KING



Our November Meeting welcomed Margo Spence. She talked about her ministry in Haiti. However, as Margo created more questions than answers, we will be inviting her for a return visit.

It was agreed to hold the **Longest Night Service on Friday, December 21.** We will be asking for a few readers soon.

Janice Williamson has invited us to her home for the **Christmas potluck on Saturday, December 8 at 10:30am.** Please RSVP to **Janice Williamson, 360-871-5221.**

The **St. Paul video and popcorn event is scheduled for January 12.** All are invited to join us at **10:30am promptly.**

FHS, Barb O'Hearn

FLOWER AND CANDLE DONATIONS



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: **December 9, 23, and 30.** For \$5 sanctuary candle donations, the following Sundays are open: all in December.

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.**



CHRISTMAS POINSETTIAS

If you wish to give a memorial in the form of a Poinsettia, please complete the form which is available in both the Narthex and the Parish Hall and drop it in the offertory plate today along with your **check made out to St Bede and marked Poinsettia Flowers**. Suggested donation is \$20.00.

The deadline for your name to be mentioned in the Christmas bulletin is Tuesday, December 18th.

St. Bede's Episcopal Church Treasurer's Report For October 2018

	Oct	YTD	Budget YTD	YTD Diff.
Pledge & Plate	\$ 6,890	\$ 97,429	\$ 126,982	\$ (29,553)
Diocesan Grant	\$ -	\$ 500		\$ 500
Other Income	\$ 2,123	\$ 27,094	\$ 20,871	\$ 6,223
Total Operating Income	\$ 9,013	\$125,023	\$ 147,853	\$ (22,830)
Operating Expense	\$ 9,241	\$100,333	\$ 111,643	\$ (11,310)
Outreach from Operating Income	\$ 1,049	\$ 12,512	\$ 12,690	\$ (178)
Diocesan Assessment	\$ 1,487	\$ 16,590	\$ 22,478	\$ (5,888)
Total Operating Expense	\$ 11,777	\$129,435	\$ 146,811	\$ (17,376)
Net Income/(Loss)	\$ (2,764)	\$ (4,412)	\$ 1,042	\$ (5,454)
Uncommitted Cash		Not Assessed \$106,536	Equity \$ (4,513)	Total \$102,023

EPISCOPAL CHURCH WOMEN (ECW)

St. Bede Church held a **Thanksgiving Potluck Luncheon**, sponsored by the ECW. It was well attended, and the food was delicious; such a spread! Thanks to all who participated and special thanks go to the setup and cleanup helpers.

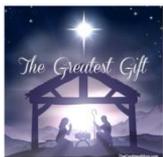
Next up, in celebration of the Advent Season, is the **Christmas Dessert Faire Plus!** The Norwegian Krumkake making party on **Saturday, December 15, from 10 to 12** in coordination with the **Greening of the Church** event. Fran Valley is sharing the making of this Norwegian cookie with us. Please do attend and help make Krumkake and buy some to take home. **Drop off your desserts** for the faire **from 10 to 12 on Saturday the 15th or bring them on Sunday, early.**



On Sunday, December 16 the festivities continue with the **Annual Dessert Faire Sale!** Yes, it will be the traditional **food sale**. Plus, **silent auction, crafts and gently used holiday décor**. Some items will be priced for children to purchase. **Your contributions** of food have made it a successful sale in years past and continue to be the main attraction. Silent auction items, gift baskets and crafts round out the food sale. **Some silent auction items will be displayed from December 2, so you can begin bidding.** You do not have to be present to win a bid. Please do participate and make this a festive Advent event at St. Bede.

December 18 is the All Parish ECW Christmas Party.

Men and Women of St. Bede are invited to attend. The party starts at 11 a.m. in the Parish Hall. Bring a potluck dish and enjoy good fellowship and good food. There will even be a game to entertain us. A voluntary gift exchange is held after lunch. It is suggested to bring a \$12-\$15 unisex gift for the exchange. Popular are wine, non-perishable food, that sort of thing. We apparently all have enough candles and ornaments(ha).



Mary Ann Balyeat, President



OUTREACH COMMITTEE

Dear Church Family;

This month your Outreach Committee has requested the money be sent to: **Helpline; ERD for Disaster Relief in California; Chaplain's on the Harbor** as they are having a difficult time; and **Retsil Veteran's Fund.**



Christmas is coming soon-AGGG!! but with it also comes many opportunities to do God's work here in our Community. St. Vincent's has a list of things they would like us to consider: One- person tents, razors, deodorant, shampoo, and mouthwash all in travel size; cheese and cracker sandwiches, pop-top pasta, and gloves. If you have a warm winter coat in good condition to donate, that would be welcome too.

As one who came within in a hair of being homeless, I have a lot of sympathy and compassion for those who are.

As the Bible tells us in Mark 25, care for others as you are able.

Blessings, Your Outreach Committee



PARISH NURSES

Guide to Osteoporosis part 4 of 4-part series



Treatment: Bone-Boosting Drugs

If you are diagnosed with osteoporosis, you may be given a prescription by your doctor. This can reduce bone loss and fracture risk and may actually help build some bone density.

Treatment: Estrogen Agents

Hormone replacement therapy, once used widely for menopause symptoms, is an option for osteoporosis in women who have menopausal symptoms, but it's used less than other medications because of concerns about the risk of cancer, blood clots, heart disease, and stroke.

Bone-Building Foods

Eating calcium-rich foods can help protect your bones no matter what your age. You need the equivalent of about three and a half 8-ounce glasses of milk a day. Fish such as salmon, tuna, and herring also contain vitamin D, which helps us absorb calcium, and leafy green vegetables also provide magnesium, which helps maintain good bone quality. Some foods & drinks are also fortified with calcium & vitamin D.

Foods That Are Bad to the Bone

Some foods can sap your body's calcium. Minimize salty foods such as canned soups and processed meats. Most Americans get much more sodium than they need. Caffeine can decrease your body's absorption of calcium, but the effect is minimal unless you drink more than three cups of coffee a day. Heavy alcohol use can also lead to bone loss.

Which Foods Have the Most Calcium?

Drinking a glass of vitamin D-fortified milk is one of the best ways to get your calcium. Other dairy products vary in their calcium content. Yogurt and cheese are better choices than ice cream or frozen yogurt. Fish, such as sardines and salmon, are good sources. Fortified foods, such as cereals and orange juice, can also provide a lot of calcium.

Supplements for Healthy Bones

Boys aged 9 to 13 years, girls aged 9 to 18 years, women older than 50 years and men older than 70 years may require more calcium than they get in their regular diet. Two types of calcium supplements are commonly available: calcium carbonate and calcium citrate, which are equally beneficial. Splitting your dose -- taking half in the morning and half later in the day -- improves absorption. Check with a doctor about the upper limit for calcium. Too much can lead to kidney stones. Getting adequate vitamin D aids the absorption of calcium.

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

TIDINGS

Published monthly by

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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.**