



**The Venerable  
Bede**

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

***Our Newsletter***



**"The Tidings"**

**MAY, 2019**

***Special Events***

***Tuesday, May 14***  
***10am - Outreach Committee***  
***meet in Parish Hall***

***Monday, May 20***  
***11am-6pm - Family Kitchen***  
***at First Lutheran Community Church***

***Tuesday, May 21***  
***10am - Episcopal Church Women***  
***meet in Parish Hall***

***Sunday, June 2***  
***Ken Hawkins -Mission to Seafarers***  
***and***  
***BIRTHDAY FUNDRAISER***  
***for CYSTIC FIBROSIS***

## ST. BEDE FAMILY MAY BIRTHDAYS



Happy Birthday!

Mike Crowe

Darrell Gee

Ashley Cameron

Judy Drummond

Carol Parsons

Pauline Burtner

Katie Thomassen

Barbara O'Hearn

Glenn Proud

Steve Wiltz

Laurel Stone

### FAREWELL FRIENDS AT ST BEDE

**Our Family is relocating to Eatonville, WA  
this late spring and early summer.**

I have truly enjoyed working with the Cursillo Reunion Group, Altar Guild, and especially serving as a Eucharistic Visitor to Retsil and Ridgemont residents.

The Episcopal Church Women pillowcase dresses and Mission to Seafarers Ditty Bag projects were challenging but very satisfying and appreciated.

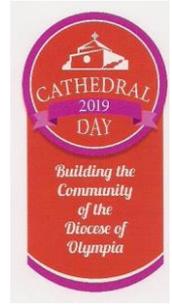
However, it is time for new horizons for our family of 5, namely Al, Meg, Dice, Domino, and myself.

**I hold you in my heart for all time.**

**God bless and may the road rise up to meet you.**

**Barb O'Hearn**

**CATHEDRAL DAY 2019**  
**is Saturday, May 18**  
**11AM – 3PM**  
**St Mark's Episcopal Cathedral**  
**1245 10<sup>th</sup> Ave E – Seattle, WA 98102**  
**206-323-0300**



**FLOWER AND CANDLE DONATIONS**



**Thank you to those who signed up to donate \$20 for flowers, and \$5 for Sanctuary Candles.**



**Altar flowers certainly enhance our services. We have many Sundays still available for you to sign up for Flowers and / or Sanctuary Candles. There can be more than one family for any Sunday. Feel free to check the list in the Parish Hall.**

**Please remember to make checks payable to St Bede's with flower or candle donation in the memo line.**

**If you have any questions, please contact: Cyndy Dillon, cpdillongh@comcast.net or 253 225-9284.**



**Daughters of the King**

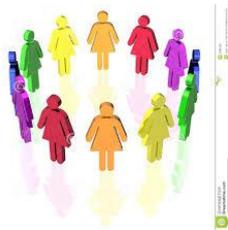
**April rains and Palm Cross construction enhanced our quiet sharing of bible verses, poems, prayers and stories,**



**Discussions and interpretations enlightened our meeting and brought us closer to Holy Week activities.**

**The May 11 meeting will bring closure to Hope Chapter and members will possibly be going separate ways – always being true to our vow of prayer, service and evangelism to our Lord and Savior, Jesus Christ. For His Sake, Barbara O'Hearn**

## EPISCOPAL CHURCH WOMEN (ECW)



**After much prayer and discernment, the realization that there are not enough volunteers to make the Spring Fling happen this year, left the conclusion that it must be cancelled.**

This Parish event, lead by the women of the Church, needs much labor and logistics of all men and women at St. Bede, which hasn't developed this year. It has been a Parish event for at least 40 years. It is with sadness that we face reality and cancel it for this year. We will reconsider it next year, if there is enough interest.

To those who have boxes and bags of donations saved for this event, thank you! Your thinking of the Church first is a blessing. In years past, those donations and Church members' labor have helped us to earn dollars to do the things around the Church that are not in the budget, but needed.

*As one looks around the Church and Parish Hall, **ECW earned funds have purchased the Church Portico and Church entry area improvements, funded furnishings in the Parish Hall, purchased shrubbery and rose borders, carpets and renovation for the undercroft and other areas and helped to upgrade the computer system, to name a few things that the Spring Fling and Dessert Faire have helped to purchase.***

**Did you know?  
St. Bede's building was purchased with money earned from the "Nifty Nickel" Thrift Shop run by St. Bede women with help from the men for some of the logistics.**

**The next ECW meeting will be held on May 21 at 10:00 am in the Parish Hall.**

**In July a trip to Tacoma for a visit to a German Deli plus lunch will be held on the 16<sup>th</sup>.**

**In August, a potluck is planned to be held at Mary Ann's home on 20<sup>th</sup>.**

Episcopal Church Women, also known as Martha and Mary Guild, is made up of ALL of the women of St. Bede. The objective is to be the Marthas and Marys who serve Christ at St. Bede to make it a caring and better place.

**Meetings are held on the third Tuesday of the month in the Parish Hall at 10:00 a.m. Coffee, tea, and treats are served. Do join us!**



**Mary Ann Balyeat, President**

## **BIRTHDAY FUNDRAISER FOR CYSTIC FIBROSIS**

**I would like to celebrate my birthday this year by having a fundraiser at St. Bede's, to raise money for Cystic Fibrosis, on June 2. Judy Drummond**



For the past six years I have spent each Spring raising awareness about Cystic Fibrosis, primarily because our spunky grandson, Matthew, was diagnosed with C.F. when he was ten days old.

Like all patients, he has been through a lot in his young life, including taking daily enzymes and costly medications, having three long therapies daily to loosen the mucous in his lungs (more if he's sick) and multiple hospitalizations and surgeries, the most recent of which included the insertion of a feeding tube. Everyone takes it in stride, but C.F. is a time-consuming disease that affects not only the patient, but all members of the family as well.

Matthew and family are fortunate that they live not far from Children's Hospital of Milwaukee, which has a team of medical professionals who specialize in all aspects of the disease and are dedicated to making life easier for the patients and their families.

C.F. is a progressive genetic disorder that affects the lungs, pancreas, and many organs of the body, causes lung infections and, over time, limits the ability to breathe. Germs are particularly lethal as they lead to infections, inflammation, and often fatal respiratory disorders and other complications.



In the 1950's children with Cystic Fibrosis rarely lived to elementary school age, whereas now it is common for them to attend college, pursue careers, marry and have children. Thanks to research and development, and increased awareness, tremendous advances have been made! We hope and pray that these advances will lead to a cure of C.F. in Matthew's lifetime! Today, 30,000 people in the U.S. and 70,000 worldwide live with C F. 1,000 new cases are diagnosed each year, 75 % of them by the age of two, while more than half are 18 years old or older.

A group of devoted followers, known here in the PNW, as "Team Matthew N.W." have forged a bond determined to help Matthew and others with C.F. achieve the goal of a longer, more robust life, or possibly even a cure



We'd appreciate your consideration in helping in whatever way you can, whether it be prayers, walking with our team at Poulsbo's Great Strides Walk, or making a tax deductible donation to the Cystic Fibrosis Foundation/ specifically "Team Matthew N.W."

**Thank you! Judy Drummond**





## Family Kitchen

Our next Family Kitchen Meal will be on  
**Monday, May 20 from 11-6pm.**

We start preparing and cooking food at 11am  
and serving begins at 5pm followed by clean up.

**Feel free to come at any time.**

**Please contact Margo Spence at 360-710-1725 for more details**



## MUSIC REPORT

Happy springtime to all the singing music  
lovers in our congregation.

Our Epiphany and Lenten seasons were filled with  
the beautiful, expressive hymns from our  
hymnbooks that embody the truths of our prayers.

We had hand chime contributions too, with the melodious  
"For the Beauty of the Earth" during March and a medley  
of joyous songs at Easter.



We are all grateful to Don Lorimor for singing a touching solo,  
"In The Upper Room", on Maundy Thursday. Our Vicar added  
antiphonal chant to our Eastertide services and our congregation is  
singing its response. Every Sunday we hear keyboard music from the  
Classic period and sing some hymns which are historical spirituals.  
Then there are the pieces from Taize and other contemporary songs  
from our own Hymnal of 1982.

At the Washington Veterans Home in Retsil, led by Don Little and  
Richard Dykstra, we sing two or three 'old-time religion' hymns  
which also seem to appeal to all. I welcome your input about the  
music we share.

**With appreciation from Mary Ferreira**



## OUTREACH COMMITTEE

Dear Church Family,



Even though you haven't heard from us lately, your Outreach Committee has been busy doing your work. We have allocated money to **South Kitsap Helpline Food Bank; Spirit of Life Food Bank; Coffee Oasis; and Church of the Resurrection.**

It was recently brought to our attention that the **Spirit of Life Lutheran Church**, on Mullenix who have a food bank for that area and is often in need of funds. One of the main missions of this Church (and of Jesus) is feeding people, **so we have shared our bounty with our sister Church.**



**Coffee Oasis** does much needed work with at risk Teens. They are trying to open an annex in Kingston, but have found the building they have needs more work than had been thought. Money is always in short supply, but the need is great.

(If you want a great cup of coffee or a sandwich, wrap, cup of soup, the Coffee Oasis is a good place to go. **All profits go to help Teens and the people who work there are being trained for jobs.)**

**Remember, all of you are actual members of the Outreach Committee** so if you know of a Charity that you would like to be considered, come to the meeting or tell the Chair, Sarah Yergin. That is how many of the donations are allocated.

**We meet in the Parish Hall, at 10am on the second Tuesday of the month.**

**Your Outreach Committee**

**SUNDAY, APRIL 21, 2019**

**EASTER DAY AT ST BEDE**



**Photo by Hillary Kimsey**



## PARISH NURSES



### How to Feel Better in Less Than 15 Minutes

#### Clear Your Mind

Take a brief meditation break. Sit quietly, close your eyes, and focus on your breathing. When you get distracted, just bring your attention back to your breath.

#### Get Outside

Step outdoors for a few minutes to pull some weeds, sit in the sunshine, or just get some fresh air. Even if you're in a city, notice trees, flowers, and parks. Soak up nature to give yourself a boost.

#### Have a Laugh

Read a few pages of a funny book, watch a clip of your favorite comedian, or call a friend who always cracks you up. Laughter obviously lightens your mood, plus it stimulates your heart, lungs, and muscles. It makes your brain release more feel-good endorphins.

#### Count What's Good

Pick up a pen and list at least a few things you're grateful for today. Think about your relationships, things that went well, and any positive parts of your life -- big or small.

#### Wish Someone Well

Practicing compassion for others tends to make you feel better, too.

#### Take a Walk

Lace up your shoes. A stroll around the neighborhood can lift your mood and bust stress. It can boost creative thinking.

#### Turn on Some Tunes

Play a few of your favorite songs to relax and lighten your mood. Music can reduce anxiety and pain. If you feel moved to get up and dance, even better.

#### Check a Chore Off Your List

What small task has been lurking in the back of your mind for too long? Change that burned-out light bulb, return that email, make that appointment.

## Connect

Call a friend to catch up, email a family member to check in, or text a colleague to meet you for coffee. Making contact with other people builds social connections and gives you more support.

## Eat a Smart Snack

Fuel up, but keep it healthy and simple. Some ideas:

**Oranges.** Citrus fruits are high in vitamin C, which is good for your immune system.

**Nuts.** Enjoy a small handful of walnuts, almonds, or pistachios for some omega-3 fatty acids that even out your stress hormones.

**Whole grains.** A bowl of oatmeal or a piece of whole wheat toast could help your brain make more serotonin, which can improve your mood.

## Do a Good Deed

Open a door for someone. Donate to a cause you believe in. Sign up for a volunteer project. Help a family member with a small task.

## Stretch Yourself

Reach for your toes! Take a short break to gently stretch your neck, shoulders, lower back, thighs, and hips.

## Hug It Out

Find a friend or family member and ask for a hug. That warm squeeze will give you a lift -- and could even make conflict less upsetting, according to one study.

## Give Yourself a Pep Talk

“I can handle this.”

Practice positive self-talk. Try to reverse any negative thoughts you have. If you’re worried about a mistake you made, tell yourself, “Everyone messes up. I can fix it.”

## Write a Thank You Note

Jot down a few words of appreciation to someone who has helped you. You can express thanks for recent favors, birthday gifts, or long-lasting support.

**Remember, stay in the moment and relieve or reduce those stressors that you are living with. You will feel better and maybe even live longer.**

**Ken & Mary Hulet Parish Nurses**

## **TIDINGS**

*Published monthly by*

**St. Bede Episcopal Church**

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**Port Orchard, WA 98366**

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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.**