



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

JULY, 2019

Special Events

Sat July 13 & Wed July 24
- Whole Church Potlucks
- See article for details

Tuesday, July 16
Outing to Bruno's Restaurant and
Hess Bakery organized by ECW.
ALL are invited (see ECW article)

Monday, July 22
11am-6pm - Family Kitchen
at First Lutheran Community Church

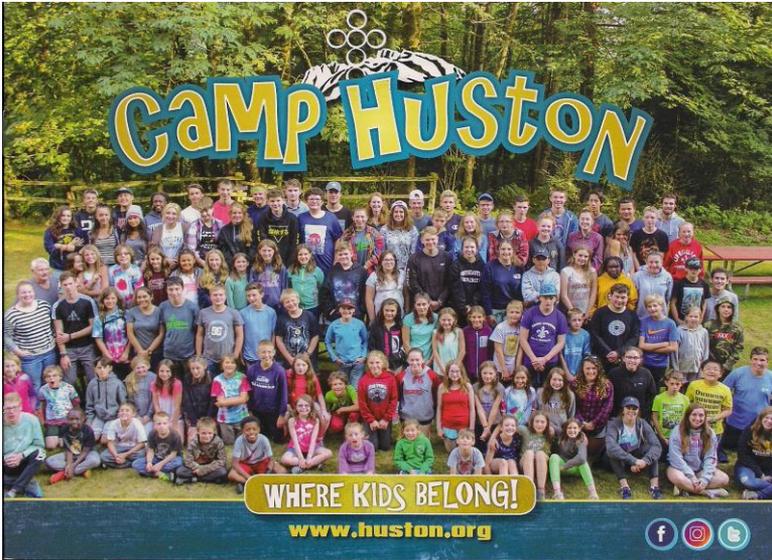
Check out information on Camp Huston
and Summer Adventures for Teens

Church Picnic Sunday, September 8

ST. BEDE FAMILY JUNE BIRTHDAYS



Charlie Billings
Mary Hulet
Margo Spence
Jeff Chance
Janice Williamson
Mary-Francis Jones



Camp Huston is an Episcopal summer camp where children and adults come to learn more about nature, God and themselves.

The goal is for campers to develop leadership skills, build self-esteem and have fun.

Scholarships are available. Contact Arienne or Kathleen

GATHERING GROUP UPDATE

St Bede's (whole church) is to host potlucks as a whole church twice each month throughout the summer.

**All are invited, regardless of group assignment.
We will all pitch in.**



The goal of this change was to take organizational burden off group leaders and to help spread success rather than focus on less functional group dynamics.

Dates and times:

Saturday July 13, 11:30 am, lunch

Wednesday July 24, 5pm, dinner

Saturday August 10, 5pm, dinner

Sunday September 8, Parish Picnic After 10am service

Potluck Signups:

Kathleen and Arienne will put out a sign-up sheet with some basic categories to leave in the parish hall to help assure some balance to the meals.

The categories are:

**Appetizers/Bread, Sides and Salads, Desserts,
Beverages (non-alcoholic), Clean up.**

The Rev. Arienne Davison

BIRTHDAY FUNDRAISER FOR CYSTIC FIBROSIS



I haven't received the totals from donations, but from what I do know, I'm happy to share the news that, **thanks to the caring, compassionate, generous members of St. Bede's, our Cystic Fibrosis Birthday Fundraiser was a huge success!**

Fran Valley was the lucky recipient of the beautiful purple afghan, made by Kathleen, and she plans to give it to a special member of her family.

Jim and I, and the entire Drummond family, want to thank each person who made a donation as well as everyone who supported us with your prayers. Because of your generosity and thoughtfulness, Matthew and other Cystic Fibrosis patients will literally be able to breathe a little more easily, and further advances in medical research can be achieved.



Words alone cannot measure our family's gratitude for your participation, and for helping us raise awareness of this dreadful disease.
Judy and Jim Drummond

FLOWER AND CANDLE DONATIONS



Thank you to all who have signed up to provide flowers or candles to beautify our Sanctuary at St. Bede's and to remember or honor a loved one.



We still have plenty of openings and opportunities for donations for Flowers - \$20, and Sanctuary candles - \$5, from July through December. Feel free to add a name, even if a date has already been filled, as we can recognize more than one person each Sunday. Please 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.

EPISCOPAL CHURCH WOMAN (ECW)



Summer is upon us and ECW will have social gatherings for the July and August meetings.

Please join us on July 16 for a Tacoma trip to Bruno's for lunch



followed by a visit to the German Delicatessen.

To make reservations at the restaurant, we will need to have a headcount. **Please contact the Church office to let us know that you will attend, or call Jami Bledsoe or Fran Valley. We will meet at the Church at 10:00 am. and leave at 10:15am prompt. This function is open to both men and women at St. Bede.**

On August 20 a potluck luncheon will be held at the home of Mary Ann Balyeat.



In September regular meetings will resume with a meeting on September 17 in the Parish Hall at 10 a.m.



Other recent ECW contributions include the replacement of the ailing refrigerator in the undercroft. The ECW will host the reception following Marilyn Kaes Celebration of Life Service on June 29.

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 Marys and Marthas who serve Christ at St. Bede to make it a caring and better place. With the exception of July and August, **meetings are held on the third Tuesday of the month in the Parish Hall at 10:00 am.**

Coffee, tea, and treats are served. Your participation is needed and welcomed, please do join us!



Mary Ann Balyeat



Family Kitchen

On Monday, June 17 Family Kitchen served 42 and sent home 12 meals.

We served roasted pork loin, baked potatoes, brussel sprouts, california medley, salad, fresh baked yeast rolls, and mixed fruit crumble for dessert.



Thank you to everyone that helped setup, cook, and cleanup after dinner.



The next FK is July 22, 2019 from 1100 to 1830.

Between 1pm and 3pm things are pretty quiet. Serving at 5pm gets quite chaotic at times with all the activity.

We welcome you to come help at 1100 or 1500.

There are many bosses. **Please know you are appreciated even if it may seem different.** The answer is always Love.

Margo Spence.



Outreach Committee

Dear Church Family,

The Outreach Committee has been having a little reconfiguration lately, so Helpline is the only one that was recommended money for this month.



However, **we are doing an Anniversary Party on the 7th of July after the 10AM service in honor of Glen and Sarah's 7th anniversary of their first anniversary, which is a paper anniversary**, so they are hoping for a nice **paper gift of bathroom paper. (2-ply, please!)** which will go to Helpline. Last year the gift lasted Helpline almost 2

weeks. There is a lot of need for this as it can't be purchased with SNAP Benefits. Cake and other goodies will be there for your eating pleasure because it is, after all, a PARTY!

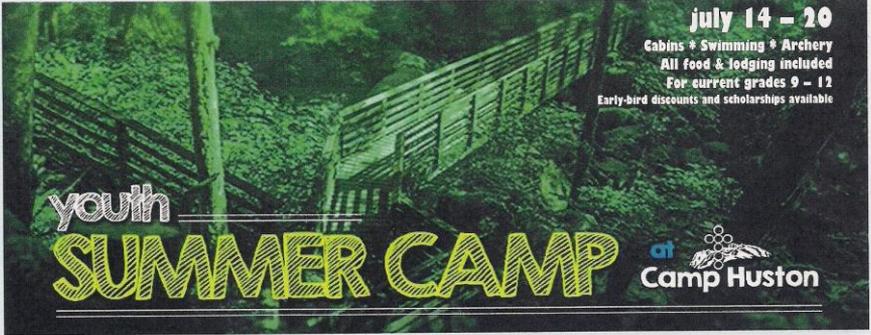
Next month we will come up with some other wonderful giving opportunity for your giving pleasure.

Because, after all, we are here to do good and love our fellow humans, and what better way to show that love than helping others. Says so in Matthew 25:40. Blessings, **Your Outreach Committee**

Diocese of Olympia: The Episcopal Church in Western Washington

Summer Adventures for Teens

■ CAMP IN THE CASCADES...



july 14 – 20
Cabins • Swimming • Archery
All food & lodging included
For current grades 9 – 12
Early-bird discounts and scholarships available

youth
SUMMER CAMP at 
Camp Huston

More information & registration:
<https://six-day-at-camp-huston.eventbrite.com>

■ PILGRIMAGE ON THE PENINSULA...



august 4 – 10
Hike the Olympic Discovery Trail
All food & lodging included
For current grades 9 - 12
Scholarships available

youth
**creation care
pilgrimage**

More information & to reserve your place:
<https://youth-creation-care-pilgrimage.eventbrite.com>



Diocese of Olympia ■ 1551 10th Avenue E. Seattle, WA ■ www.ecww.org

**Scholarships are available.
Please contact Arienne or Kathleen in the Office
for details.**



PARISH NURSES



Hang on to your happiness

PART 1 of 6: Hang onto your happiness

by Carey Rossi



Depression is usually brought on by factors beyond our control— the death of a loved one, a job loss, or financial troubles. But the small choices you make every day may also affect your mood more than you may realize. Your social media habits, exercise routine, and even the way you walk may be sucking the happiness out of your day, and you may not even know it. Luckily, these behaviors can be changed.

Over the next few weeks we will provide you with 11 ways you're sabotaging your good moods, and what you can do to turn it around!

You slouch when you walk:

How we feel can affect the way we walk, but the inverse is also true, finds a study published in the Journal of Behavior Therapy and Experimental Psychiatry. Researchers found that when subjects were asked to walk with shoulders slouched, hunched over, and with minimum arm movements, they experienced worse moods than those who had more pep in their steps. **What's more, participants who walked in the slouchy style remembered more negative things rather than positive things. Talk about depressing.**



Get happy now: Lift your chin up and roll your shoulders back to keep your outlook on the positive side.

Ken and Mary Hulet, Parish Nurses

The following article was published in St Hugh Newsletter and we have permission to reproduce it.

Presentation on Church Safety by Mason County Officer Spurling

I attended a presentation this morning at the North Bay Lutheran Church given by Officer Spurling. **The topic was safety in church in these times of gun violence.** I'm sorry more from our church didn't attend as it was very informative and something that while we wish we didn't have to think about, we do.

Officer Spurling started the 1.5-hour talk by identifying what a human brain does in a crisis. The frontal lobe is the part of our brain that allows for the cognitive processes, and 80% of human beings lose the ability to process information cognitively in a crisis. Then we naturally revert to a different part of the brain, the cortex which allows us to base decisions relying on past experience or training.

If we have no previous experience or training in dealing with the crisis, the brain goes into the fight/flight/freeze actions for most men and the gather/protect for most women. And only 20 % of human beings remain calm in a crisis.

He talked about some options for us to consider if faced with an active shooter either outside or in the church facility. **The best action for us to take is to discuss the possibility with our congregations and to train for incidents.** Through training, if we should ever be confronted with this horrific situation, most of us would not have personal experience of this type of situation unless you were in the military and saw action of this type, so our brain would automatically revert to training.

Officer Spurling spoke about the fact that **some parishioners may carry firearms and we would not necessarily know it.** He strongly suggested that church officials, whether we have security personnel, ushers, greeters, etc. do not carry firearms for protection as in chaotic situations, they could wound or kill an innocent rather than the bad person. **He said if some of our parishioners carry firearms to church, we need to let them know that if they ever discharge the weapon defensively at church, they are not doing it as a representative of the church.**

He stated that there were two basic types of people who commit these shooting acts, those exhibiting affective aggression which is emotion driven and those exhibiting predatory aggression which is cold and impersonal. **In many cases, if these people meet aggression in people they consider prey, they either leave or shoot themselves.** The key, then is to attack the attacker. If everyone threw something at them, they go into a startle reflex and take defensive postures.

People need to think about doing something to put them on the defensive rather than the offensive. Our best tools for defense are awareness, training and a fire extinguisher. Fire extinguishers shoot the flame retardant a long way and can blind them and make it hard for them to breathe to the point where they could be overcome and restrained.

He cautioned that **we should be prepared, not paranoid**, and he stressed the importance of training and refresher training periodically.

He said that theories regarding what people should do have changed in the last few years due to the number of shootings in public places. **Now, they tell people if they hear shooting but it is not in their area and they can get out without going toward the sound of the shooting, they should get out and run away.** If they would be running toward the sound of the shooting, or are in the area, they should take cover but try to do something defensive to put the shooter off guard.

Some tools for attacking the attacker are fire extinguisher, pots of hot coffee, something heavy like hymnals, crosses, chairs, etc. Additionally, any loud unexpected noise can throw them off guard, pull the fire alarm, turn the synth up, etc.

He said we should trust our instincts. If the hair on the back of your neck goes up when someone new comes in, just be aware of what they are doing and how they are acting.

Officer Spurling stated that some large churches have developed detailed training resources that we may be able to use.

He said **that it's helpful if law enforcement officers know the layout of the church's spaces if they have to respond.** Prince of Peace Catholic Church invites all area officers to a breakfast annually. We could do something like that also. Church schematics can be provided to the Belfair precinct also for their information.

Of course, it wasn't mentioned but **calling 911 is also crucial**. He said that there are some people in our congregations that just don't want to talk about this issue and that's fine, but for the majority of us, we should be thinking about this topic and training, planning for the worst and praying we never need to use the training.

Faithfully, Vickie

Mark Your Calendars



St Bede Church Picnic

Sunday September 8

following 10am Service

Have a great



TIDINGS

Published monthly by

St. Bede Episcopal Church

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The Rev. Arienne Davison - Vicar

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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.**