



**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**AUGUST, 2019**

***Special Events***

***Saturday, August 10 at 5pm***  
***- Whole Church Potluck***  
***- See article for details***

***Tuesday, August 20***  
***ECW Potluck Luncheon***  
***at Mary Ann Balyeat's home***

***Monday, August 19***  
***11am-6pm - Family Kitchen***  
***at First Lutheran Community Church***

***Check out information on Camp Huston***

***Church Picnic Sunday, September 8***

## ST. BEDE FAMILY AUGUST BIRTHDAYS



Leslie Foes

Gail Rolfe

Elaine Little

Marv Carter

Sharon Billings

Mary Douglas

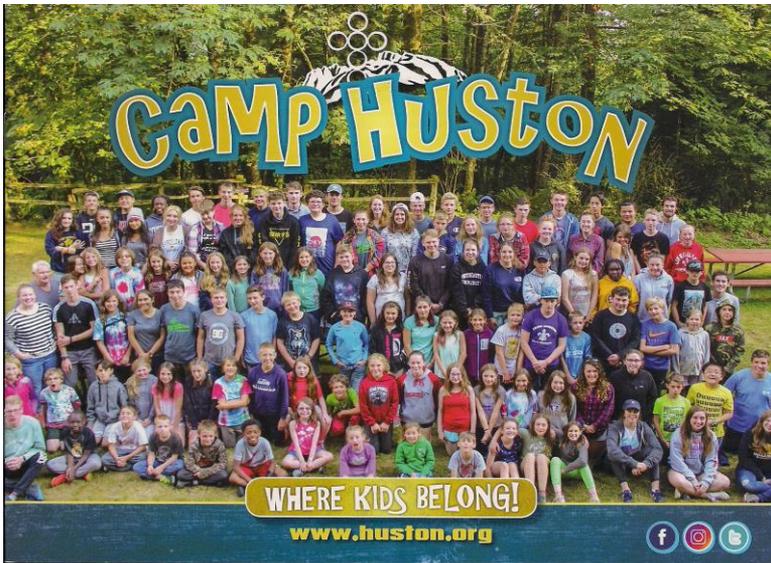
Zoe Wiltz

Ernie Beetz

Russ Hargrave

Peggy Parsons

Leslie Hopkins



**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) will host potlucks as a whole church 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 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**

## EPISCOPAL CHURCH WOMAN (ECW)

As one reflects on the Gospel lesson for July 21<sup>st</sup>, Luke 10:38-42, the lesson seemed to say that Martha was doing the wrong thing to be the hostess when Jesus visited her home. However, upon deeper reflection, and putting aside a defensive reaction to Martha's situation, Jesus wasn't saying that Martha was doing the wrong thing. Jesus more likely is saying that her task-oriented behavior was too all consuming and that she should take time to reflect on God's word.

**Why is that of concern to Martha and Mary Guild? The Martha and Mary's of St. Bede do coordinate and make the receptions and other gatherings happen. We also take time to pray, listen to God's word and to reflect upon God in our lives. We do need the help of all people at St. Bede to assist, so we can also have time to enjoy the "better part" of what the Lord has to offer. Thank you to all who help the Martha's also have time to be Mary's.**



**In July ECW sponsored a trip to Bruno's German themed restaurant in Tacoma. A large group of men and women of St. Bede's enjoyed a wonderful food and fellowship event, followed by a visit to a European bakery and delicatessen. Thank you to Fran, Jami and Anne who coordinated this event.**

**The August meeting will be a potluck luncheon at Mary Ann Balyeat's home. We each bring a food to share. It begins at 11:00 am or so.**

Call Mary Ann or the Church office for directions.

Because parking is in short supply, car pooling is encouraged.

Again, all are welcome to enjoy good food and fellowship.

**Thank you to everyone who contributed to the Marilyn Kaes Celebration of Life service reception. We could not have done it had it not been for your contributions and help.**

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

**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 a.m.** Coffee, tea, and treats are served. Your participation is needed and welcome, please do join us!

**Mary Ann Balyeat**



## **BENEDICT HOUSE**



**This is just a reminder about our ministry to the residents of Benedict House**, an activity sponsored by Catholic Community Charities that provides a wide range of services to persons involved in a battle against substance addiction/abuse.

**Benedict House provides housing, counselling, evening meals and a wide range of services to men who have applied to become a part of the program.**

**All the men are required to be involved in continuing education and/or work activities with the ultimate goal being their return to productive independent living in our society.** The program provides nourishing evening meals through the efforts of volunteers from dozens of organizations, many of them faith-based, such as our own St. Bede Episcopal Church.



**The organizations volunteer to provide a specific number of meals each calendar quarter** and the Benedict House staff fills out their meal calendar based on our requests. **We request three consecutive days and most specifically, Thursday, Friday and Saturday and our next three days will be in August. We will be providing those meals on August 8-10.**

Additional volunteers are always much appreciated by those of us who regularly participate in this ministry and we would be delighted to introduce you to the joys of sharing time and talent with the men of Benedict House.

**For more information and/or to volunteer, please telephone Richard Dykstra or Linda Varda at 360/602-0171.**

## 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 August 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.**



### Family Kitchen

**We served tater tot casserole, salad, cinnamon rolls, and fresh strawberries to 46 guests at Family Kitchen on Monday, July 22.**

Several of our regular prep cooks were out and about on well-deserved vacations. It was expected and a simpler menu was planned. We have become a well-oiled machine. 3 new helpers came to be extra hands. God bless you all.



**August 19 will be the next Family Kitchen and everyone is welcome to help. 11am to 1:30pm or 3:30pm to 6:30pm are the busy times, even if you only have an hour.**

If you have any questions or concerns please email at [margospence@msn.com](mailto:margospence@msn.com) or text/call at (360) 710-1725.

**Margo Spence**



## Outreach Committee

Dear Church Family;

Your Outreach Committee has suggested donations be sent to: South Kitsap Helpline; Chaplains on the Harbor; Mission to Seafarers; Coffee Oasis, and St. Vincent de Paul.



**On September 29, your Outreach committee intends to have a “\$\$ for donuts, bucks for bagels, money for muffins” fund raiser to help the victims of last years tornado.** Yes - last year’s tornado. Some people are still without permanent housing, others are struggling to replace things they lost, and make repairs to their homes. **Every little bit helps, but St. Bede people are generous and we know you’ll come through for them.**

Guess what!! It’s time to start collecting **School Supplies!** Sales have been going on all month and they will really ramp up in August. **Just basic supplies - paper, pencils, pens, crayons, colored pencils, erasers, Backpacks.**



**New things are coming to Outreach.** I know people often hate change, but change is good for us. Otherwise we become boring, **More about this in the coming months.**

In the meantime, remember that you are the hands God has in this world. If not us, then who?

Blessings,

**Your Outreach Committee**

## GRIEF GROUP

Another group will start on  
August 19 or 20  
Please contact Ken Hulet for more details  
at (360) 620-7495



## MUSIC ARTICLE

**The congregation is really pulling some full, rich sound, and from my vantage point, is enjoying our hymns of praise.** Even our acolytes have

learned the "Gloria" and sing along as they have learned the service hymns. The poetry in some of our music is lovely, much of it based directly on psalms and Bible verses, and Arienne and I purposely emphasize the connection between the music and the liturgy.

**Sometimes you will hear popular and more contemporary songs which fit the mood and theme of the day**, and I am always welcoming suggestions. The hymnal of 1982 can always be referenced for interesting information.

**Hand Chimes group is working on arrangements of some of your favorites** and will be playing in August during the Offertory. Anyone who wants to join is welcome- we practice after coffee on occasional Sundays and if you haven't played chimes, we start you out easy on one note!

**It's beautiful.... thank you all from Mary Ferreira.**



## Mark Your Calendars



St Bede Church Picnic

Sunday September 8

following 10am Service.

Hamburgers and hot dogs will be provided.  
Please bring a pot-luck dish to share and whatever you would like to drink



PARISH NURSES

Hang on to your happiness



**PART 2 of 6: Hang onto your happiness**

by Carey Rossi

**Here are 2 more ways you may be sabotaging your good moods and what you can do to turn it around!**

**You take pictures of EVERYTHING**

Instagram queens, listen up. Haphazardly snapping pictures may hamper how you remember those moments, according to a study published in *Psychological Science*.

In the study, participants took a museum tour, observing some objects and snapping pics of others. Afterward, they had a harder time remembering the items they photographed compared with the ones they looked at. "The lens is a veil in front of your eyes and we don't realize it's there," says Diedra L. Clay, PsyD, chair and associate professor of the counseling and health psychology department at Bastyr University in Kenmore, Wash.

**Get happy now:** Focus on your subjects when taking pictures—or, better yet, just sit back and enjoy yourself. Soak up the beauty and participate in the action. These are the things that will make you mentally stronger, says Clay.

### **You don't exercise**

Consider this: **If you become more active three times a week, your risk of being depressed decreases 19%**, according to a new study in *JAMA Psychiatry*. After following more than 11,000 people born in 1958 up until the age of 50, and recording depressive symptoms and levels of physical activity at regular intervals, University College London researchers found a correlation between physical activity and depression. **People who were depressed were less likely to be active, while those who were active were less likely to be depressed. In fact, for every time they were active, depression risk decreased 6%.**



**Get happy now:** Just get out and move. It doesn't need to be for long—walking to errands if possible, taking the stairs—but **any activity will help keep your mind moving.**

**Ken and Mary Hulet, Parish Nurses**



**This is NOT a picture of Gary and I on our travels!!!!**

## **TIDINGS**

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**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**



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**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.**