



**The Venerable  
Bede**

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



***Our Newsletter***

**"The Tidings"**

**SEPTEMBER, 2019**

***Special Events***

***Sunday, September 8***  
***St Bede Church Picnic***  
***following 10am Service***

***Grief Group***  
***Mondays at 4:30pm in Parish Hall***

***Children's Godly Play***  
***will start again on Sunday, September 15***  
***at 9:45am in Church basement***

***Monday Bible Study***  
***Starts again September 16***  
***at 1pm in Parish Hall***

***Mark your calendars:***  
***Bishop's Visit - Sunday, December 1***



## ST BEDE CHURCH PICNIC

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



*The Picnic will be on our St Bede premises, in the Parish Hall, and outside, so do come and enjoy being together*

## ST. BEDE FAMILY SEPTEMBER BIRTHDAYS



Barbara Dirks	Jonah Wilson
Elias McFarland	
Fran Valley	Kristal Wilson
Joe Wiltz	Teresa Barnet
Naomi Wanliss	
Judy Wilkin	Ken Burtner
Charlie Davison	Elena Hopkins

## *CHILDREN'S GODLY PLAY*

**St Bede Godly Play program  
for our Children will start up again on  
Sunday, September 15 at 9:45am.**

**Children of all ages are welcome**

*We also invite Safeguarding God's Children  
trained members to be a part  
of our kids Spiritual Development*



## **FLOWER AND CANDLE DONATIONS**



We still have several opportunities to honor loved ones with beautifully-arranged Sunday flowers or sanctuary candles for the rest of the year.

**For flowers (\$20)**, please sign up for September 22 or 29, October 27, November 3 or 17, and December 8, 15 or 29.

**For sanctuary candles (\$5)**, September 1, 8 or 22, October 13 or 27, November 3 or 17 and December 8, 15, 22 or 29 are available.

You can double up with someone who has already signed up for another day and we'd have extra funds for days we are missing donations. Fill out paperwork in the Parish Hall and designate flowers or candle on your check or with cash donations (*checks made out to St Bede*). ***For more information, contact Cyndy Dillon, [cpdillongh@comcast.net](mailto:cpdillongh@comcast.net) or 253 225-9284.***

## **Monday Bible Study is BACK!**

On Mondays at 1pm, we explore the books of the Bible that St. Paul wrote during his time in Prison. This series continues our journey through the Pauline Epistles!

**We will use Bishop Tom Wright's "Paul For Everyone" to anchor our study.**

At each meeting we will pray, read Bishop Wright's translation of the passage, then talk about how Jesus is at work in our lives and in the lives of St. Bede's.

**Participants should bring "Paul for Everyone: The Prison Letters,"**

to sessions,  
so that we can take turns reading selected passages.

The dates are:

September 16, 23, 30

October 7, 21, 28

November 4, 18, 25

December 2

## **ST BEDE GRIEF GROUP**

**Grief Group will be held on Mondays at  
4:30pm in the Parish Hall**

**Please contact Ken Hulet for more details  
at (360) 620-7495**

## EPISCOPAL CHURCH WOMEN (ECW)

**September:** the days are getting shorter, it is the beginning of the new school year and it is the close of summer activities. Fall will be upon us soon but the memories of a wonderful summer linger.

**ECW traditionally has made July and August months to enjoy new experiences.** This year instead of the monthly meeting we did a trip out for lunch to a German restaurant and visited a delicatessen



and bakery. **And, in August we had a relaxing luncheon at the home of Mary Ann Balyeat.**

The day was stellar with sunshine and warmth and the food was excellent and the people and conversation renewing. **Thank you to all who shared and enjoyed our summer events.**

It is now time to prepare for Fall activities.

**At the September meeting, on September 17 at 10 am in the Parish Hall, planning will begin for some projects at St. Bede which will be brought to the members for decision making.**

ECW is also beginning to prepare for November and December activities. ECW is always looking for new ideas to better serve St. Bede as well as planning the usual Thanksgiving and Christmas activities. **Please do join us and take part in the planning of the remainder of 2019.**

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.

**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!**



# The Bishop is Coming!

## First Sunday of Advent, December 1



We are excited to announce our Bishop will be making his regular (every 3 years) visit to St. Bede's on the First Sunday of the church year! December 1, Bishop Rickel will join us for worship and meet with the Bishop's Committee to reflect on the good work God is doing among us.

**Bishop's Visitation is a tradition that goes back to the earliest chapters of church history.** In the earliest days, each town had one house church and one Episcopos (Bishop, in Greek) who oversaw the work of the church in that town. As the churches grew and divided to accommodate more people, Bishops began to appoint Priests (Priest = Presbyteros, or elder) to administrate and perform sacraments in their place. As the territories covered by each bishop grew, the number of places to visit grew and grew. In the Episcopal Church, our rules say that in order to do a good job of overseeing congregations, the Bishop should visit no less than every 3 years. **These visits allow the Bishop to fulfill their purpose: oversee and encourage the ministry of local congregations.**

**Visits have 2 main goals. First, to connect the sacramental life of the worldwide or universal Church to our little white church by the side of the highway. Bishops are the only ministers permitted to Confirm adult members and observe the Reception of Christians from other denominations into the Episcopal Church.**

These visits are also a particularly appropriate occasion for Baptisms and the Re-Affirmation of Faith for those who have been away or experienced recent transformational growth in their faith journey.

**The second goal of Bishop Rickel's visit will be to talk with us about the health, faithfulness, and sustainability of St. Bede's.**

During his visit, Bishop Rickel will review our records of services held. He will also convene the Bishop's Committee to hear more from leadership about how God is at work and help us discern where God might be calling us to go.

**If you or someone you love is interested in receiving an Episcopal sacramental ministry, please contact the office or vicar to let us know!** We will be arranging classes for those interested and need to know ages and numbers to get the right teaching tools ready.

**Infant/Small Child Baptism:** Children who cannot speak for themselves will be baptized by the Vicar and the Bishop will seal the Baptism with Chrism oil. Preparation involves parents meeting with the Vicar to discuss what God is up to in your family's life and learning about the promises of Baptism with other Christians.

**Adult/Older Child Baptism:** Adults and children who can speak for themselves will be baptized by the Vicar and the Bishop will seal the Baptism with Chrism oil. Preparation involves attending classes where you will learn about the promises of Baptism with other Christians.

**Confirmation:** Adults and older children who are ready to accept the privileges and responsibilities of grown-up Christianity will be Confirmed by the Bishop. The Bishop lays hands on each confirmand and connects them to priesthood of all believers that make up the worldwide, universal church. Preparation involves attending classes where you will reflect on the promises made in Baptism with other Christians and develop a "rule of life" to help structure your Christian journey.

**Reaffirmation:** Adults who have recently experienced a renewed or transformed faith in Christ, are welcome to re-affirm their faith and commitment to practicing that faith in the ways that have nurtured members of the Episcopal Branch of the Jesus movement for centuries! Preparation involves attending classes where you will reflect on the promises made in Baptism with other Christians and re-commit to observing a "rule of life" to help guide your journey.

**Reception:** Adults baptized and confirmed in another Christian denomination who wish to become members of the Episcopal Church are received by the Bishop. This is especially appropriate if you were formed in another Christian church but feel "at home" with the structure, beliefs and worship of the Episcopal Church. Preparation involves attending classes where you will reflect on the promises made in Baptism with other Episcopalian Christians and re-commit to observing a "rule of life" including Anglican/Episcopal tradition and practice to help guide your journey.

**More than anything, this will be a day for us to celebrate the special way we embody Christ in the wider Port Orchard area.**

**Blessings,**

**The Rev. Arienne Davison, Vicar**



## MUSIC

**Greetings to all you congregational choristers and music lovers.**

We have had a lovely month with hot music and cool recorded strings. You may have noticed that I include recorded religious music played on the harp - and it is performed beautifully by a Washington State musician.

The hand chimes played "Send Us Your Spirit", which was written in the 1970's and is considered a 'Christian Gospel' song, we have 6 players, a conductor, and keyboard accompanist. Each player plays two or 3 notes in each song which means we have to manage those heavy metal vibrating chimes. We are learning a new piece, which I arranged, that we haven't played in the past - you will hear it at our service on September 8th.



If anyone wishes to perform a vocal or instrumental piece – solo or group - they are always welcome to perform a piece which I am happy to accompany. **Mary Ferreira musician/organist.**

## FAMILY KITCHEN



Monday, August 19 was Family Kitchen. We served 46 guests, sent home 15 additional meals. A woman called ahead to request 2 dinners to be set aside for her and her son. When she arrived to pick up the meals she burst into tears. She was so grateful. We never know what people are going through. Please be kind.

I want to thank everyone that turned out. We are so blessed to have dedicated, giving servants with big hearts for our community.



**Next FK will be September 23, 2019.** Please note it is the second to the last Monday of the month.  
Bon appetit, **Margo Spence**



## PARISH NURSES

### Hang on to your happiness



### **PART 3 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 procrastinate

Think about a task you've been putting off. If the reason is because it's boring or you just don't feel like doing it, well, we can't help you there. But if you're avoiding the task because it makes you anxious or because you're afraid of failing, then procrastinating just makes completing it more nerve-wracking.

**Get happy now:** Before you finally tackle your problem head-on, do something that helps you ease stress: listen to music, go for a run, Leonard suggests engaging in an activity that helps disintegrate the anxiety. This way you can insert a bit of fun into it, instead of stress.

#### You're in a toxic relationship

"I have many clients suffering from anxiety and depression not realizing it's because of a toxic relationship," Leonard says. "It eats away their self-esteem. Their partners have them believing that they are incompetent, or selfish. Sometimes it takes years for people to realize that their depression and their anxiety comes from their relationships and that they have been dismantled."

**Get happy now:** You may need some help with this one. First, read up on the signs that your partner may be abusive. Then, consult either a professional, a family member, or a close friend to help you recognize the signs.

**Ken and Mary Hulet, Parish Nurses**



## Outreach Committee

Dear Church Family,

Your Outreach Committee had met and requested money be sent to: **Helpline; Babies in Need; Backpacks for Kids, Port Orchard; and to purchase gift cards from JoAnn's for Teachers to buy Art Supplies.**

**Babies in Need is an Episcopal run charity the supplies baby clothes, car seats and other necessities to low income families.**

Many are migrant workers who find themselves unable to afford even the most basic supplies. (I know, it is difficult to imagine not having ANYTHING to wrap a baby in, but remember, Jesus was wrapped in swaddling.)

It has been a long standing policy here at St. Bede's to buy a few **gift cards to help buy art supplies for the younger grades.** Often the Teacher buys these with his/her own funds. We like to lessen that burden.

**Backpacks for kids** helps supply children who might not have a meal on the week-ends with simple foods that are ready made, some only needing a microwave to warmth up. One of Jesus's first miracles was feeding people. We believe feeding the children is feeding Jesus himself.



Many years ago, I remember taking some food to **Helpline** and the cupboards were bare. Since then, things have improved greatly, in part, because of monthly donations of money to help bring food from the Second Harvest. A lot of this food is free, but they need a truck and gas and ferry money to get it here. Thanks to our Church and others, they now have the income to provide for those who are food insecure. Good job, Parishioners.



Remember, on **September 29th**, the Outreach Committee is having a **“Dollars for Donuts, Money for Muffins, Bucks for Bagels”** to help those still impacted by last December’s tornado. (Yes, there are several who are still trying to put things back together.)



There are always things we can do to help others, and by doing so, do unto Jesus. (See Matthew 25:40).

Blessings,  
**Your Outreach Committee**



## **TIDINGS**

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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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**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.**