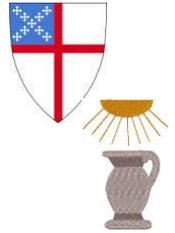




**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

OCTOBER, 2019

Special Events

Children's Godly Play
Sunday, at 9:45am in Church basement

Monday Bible Study
at 1pm in Parish Hall

Grief Group
Mondays at 4:30pm in Parish Hall

Soup Suppers and Fall Series
– Start October 16, 6pm-8pm

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

ST. BEDE FAMILY OCTOBER BIRTHDAYS



Happy Birthday!

Jessica Proud
Clara Reduto
Sarah Prasser
Adriaan Cysouw
Ben Washburn
Cami Jones

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 30; October 7, 21, 28
November 4, 18, 25; December 2

CHILDREN'S GODLY PLAY

**Sundays at 9:45am, in the Church basement
Children of all ages are welcome**

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

ST. BEDE CARD MINISTRY

**Our own Judy Houle sends cards to members for various reasons
– birthdays, other celebrations, support, illness, sympathy and
sometimes – just because!**



**We would like to ask members if they could
donate Birthday Cards, especially ones more
appropriate for men, and Get-Well Cards,
to please contact Judy Houle at**



360-876-1342 or: no1ladybug@wavecable.com

Thanks!

Fall Series: Committing to Christ

On December 1, our Bishop Greg Rickel will visit St. Bede's for his every 3 years visit! **As a community, we will prepare ourselves for Baptism, Confirmation, Re-Affirmation and Reception.** If you or a member of your family is ready to commit to Christ, contact the church office so we can plan when and how to prepare you best! **ALL ARE WELCOME!**

**Dates for Soup Suppers & Classes: October 16, 23,
30 and November 6; from 6pm to 8pm**



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 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 should be made out to St Bede*).

For more information, contact Cyndy Dillon,
cpdillongh@comcast.net **or 253 225-9284.**

ST BEDE GRIEF GROUP

**Grief Group will be held on Mondays at
4:30pm in the Parish Hall
(not on October 21)**

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



Seeking Guests for Fall 2019 Weekend

**Come and See... Go and Tell weekend is
approaching!**

**Now is the time to invite folks to Come and See
what you've experienced!**

**The weekend will be presented at Dumas Bay
Friday, October 25 - Sunday, October 27th.
the web site - www.olyoursillo.org or directly to
the online application [form](#).**

Questions are welcome!

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



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 take life too seriously

You trip on a crack in the sidewalk, and instead of shrugging it off, you cover with embarrassment. If that sounds like you, it's time to find some ways to laugh more. "There are many studies showing the benefits of laughter on our health and this includes mental health," Leonard says. "Laughter is the fast medicine for anxiety and depression."



Get happy now: Seek out humor every day. Watch a funny TV show, listen to the Laugh USA channel on SiriusXM Radio, or spend time with friends who make you smile. You could even try volunteering with kids—they really do say the darndest things.

You don't sleep



"Sleep affects everything," says Diedra L. Clay, PsyD, chair and associate professor of the counseling and health psychology department at Bastyr University, "emotional and mental capabilities, as well as our bodies' functioning. Sleep is our bodies way of regenerating and without it the system malfunctions."

Get happy now: Try to figure out why you aren't sleeping and then take the steps to create a restful environment.

Ken and Mary Hulet, Parish Nurses



OUTREACH COMMITTEE

Dear Church Family,

Your Outreach Committee, thanks to your generosity, has requested the Bishop's Committee to approve sending money to Helpline Food Bank; Episcopal Relief and Development for Disaster Relief; South Kitsap Fire and Rescue Chaplains Fund; and SK Backpacks for Kids.



There have been SO many disasters in our Country and around the World lately. Seeing how long it has (and is) taken to recover from our small tornado, we can imagine how much longer it will take to recover from large disasters. People in Porto Rico are still struggling to get back to "Normal" from the Hurricane two years ago. Your donations and prayers can make a big difference to those impacted.



Speaking of disasters, the SKFR Chaplains are always there and ready to provide prayers and moral support when troubles arrive. They, thanks to donations from people like us, can also provide food, temporary housing, funds to send victims to a safe place. We thank the Lord for these heroes.

School is back in session and there are many youngsters in our area who get breakfast and lunch during the week at school, but on the weekends there is nothing. Backpacks for Kids ensures they don't go hungry all weekend. Money to Helpline also helps this mission. Personally, I have never been food insecure, so it is hard for me to imagine not knowing when/if there will be something to eat for the next meal.



St. Bede's Congregation is a real blessing to our Community. "As you do this for one of my brothers, you do it for Me".

May God's Blessings be with you always.

Your Outreach Committee

EPISCOPAL CHURCH WOMEN (ECW)

The September meeting of Martha and Mary Guild was held on the 17th. On the agenda was planning for Autumn activities. Dates have been set for the Thanksgiving luncheon and Christmas events. The **Thanksgiving luncheon** will be held on **Sunday, November 24**. It is a potluck with turkey provided. **All members of the congregation** are invited to bring a favorite dish to share and the ECW will set up and arrange the food and parish hall for the luncheon.

December 1. The **Bishop's visit is December 1**. Although Group 1 will be in charge of the Coffee Hour that Sunday, the ECW will be available to help if needed.

Let's have a Festive Greening of the Church/Dessert Faire weekend! Working in conjunction with the **Greening of the Church** leader, Margo Spence, and planned to be held on December 14, the **ECW Dessert Faire** will be held on **Sunday, December 15** with set up on December 14. Participants in the Greening of the Church will be offered hot beverages and treats by the ECW during the setup on December 14. This is an **All Congregation** Preparation for Christmas Event. Do put it on your calendar to bring the family to help with the greening and donate and purchase Desserts and crafts for the Faire. ECW did the reception for a wedding on September 21. The bride and groom and those attending were very appreciative of the work done by Anne, Fran, and Mary Ann who were there to make it happen.

The ECW has purchased paint and is working with the ROTC to repair and paint the **St. Bede Church Wheelchair Ramp**. It should be completed this October. Thank you, Gary and Kathleen, for the preparation work you have been doing to get ready for the project. Anyone who would like to help with the preparation should contact Kathleen.

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!

Mary Ann Balyeat





FAMILY KITCHEN

Family Kitchen served 49 guests. There was potatoes O'Brien, cauliflower, rolls and butter, chicken, salad, brownies, milk, juice, and coffee.

There were bananas handed out and milk was sent home with the families with kids. For a rainy day it was a good turnout.

I appreciate everyone that serves at family kitchen. I love the conversations and camaraderie while we prep and cook. The days are filled with precious moments.

The next Family Kitchen is October 21st.

Loving His people with food,

Margo Spence



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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**In the love of Jesus Christ, St. Bede joyfully welcomes you
and seeks to serve and to nurture spirituality in all.**