



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

MARCH, 2020

Special Events

Shrove Tuesday Pancake Supper
Tuesday, February 25
starting at 5pm

Ash Wednesday and Imposition of Ashes
Wednesday, February 26
Services at 12 noon and 7pm

SOUP SUPPERS
starting Wednesday, March 4
6pm – 8pm in Parish Hall

Grief Support Group
starts on Monday, March 16
4:30pm-6:30pm in Parish Hall

**ST. BEDE FAMILY
MARCH BIRTHDAYS**



Darrell Harris
Sandra Rosenquist
Judy Houle
Evellyn Gunderson
Olivia Hargrave
Don Little
Lori Wiltz

Shrove Tuesday Pancake Supper

and



***Goodbye Party
for Arienne***

***Tuesday, February 25
5pm – 7pm***

***Come and join in the fellowship
and
enjoy delicious ham and pancakes
as well as other goodies.***





February 26

**SERVICES
with
IMPOSITION
OF ASHES**

**12 noon
and
7:00pm**



SOUP SUPPERS AND PROGRAM

starting Wednesday March 4,

***6:00pm in Parish Hall
for 4 weeks***

***Come and enjoy delicious soup,
fellowship, and prayer.***

EPISCOPAL CHURCH WOMEN (ECW)

The Episcopal Church Women (ECW) meet on the third Tuesday of the month in the Parish Hall at 10:00 AM. At the January meeting a date was set for the semi-annual cleaning of the Church kitchen. On February 4, seven women helped get the job done. Anne Liepman oversaw the cleaning. Her report follows.



A few of us ECW ladies showed up to take on the task at hand.

***The biggest job was the refrigerator. An unopened can of pop was left in the freezer and it burst, leaving a mess behind! It was a difficult cleaning job but we did it.** The refrigerator and freezer are now perfectly clean and sparkle!! We took all the old food from the refrigerator and tossed it out. Many of the items were years old! The cupboards were cleaned*

*and sorted; the space under the sink was attacked, as was the stove. All in all it was a fun time with much hard work. **Please be responsible and be kind to our kitchen. Any items left and not dated will be discarded. Dishes and containers left behind will be sold at our Spring Fling.** As I said, it was a fun time and we shall do it again. Thanks to all who attended. Anne*

At the January meeting, the **Spring Fling** was discussed. After some discussion, it was decided to see if we could get enough people in the congregation to help us make it happen. Sarah Yergin will take on the responsibility of the Spring Fling 2020. **The date has been set for May 29th and 30th with set up days of May 27 and 28. St. Bede members, please consider volunteering to help make it a success.** Following the January meeting, a group of us, went out to lunch. We decided that we would repeat the lunch outing after each meeting for those who would like to participate.

Do join us on March 17 for the next ECW meeting. Coffee, tea and a snack and lots of conversation are included. Lunch afterward is optional.



Mary Ann Balyeat



DITTY BAGS and KNITTED CAPS

Members of St. Bede's recently had the honor of hearing **Ken Hawkins, Executive Director of the Mission to Seafarers program speak about his work with and dedication to this outstanding program.** If you missed it, you missed an inspiring talk!

For many years, Barbara O'Hearn and members of St Bede's Daughters of the King spear-headed the making of ditty bags and knitted caps, which were then given to Ken Hawkins to present to crew members when they arrived in Seattle after long, lonely months at sea. Anyone who has heard Ken speak knows how much these gifts have been/are appreciated by the sailors!



While the D.O.K. group disbanded this past year, **Patti Pollard and Kathleen Ebbert continued the "Ditty Bag" project on their own this year by lovingly sewing ditty bags and knitting colorful caps,** which were blessed and presented to Ken Hawkins a couple of weeks ago.

We owe them both a debt of gratitude for sharing their compassion for others by keeping the tradition alive.



Anyone can help with this worthwhile outreach project! It is something that can be done by working alone in the privacy of your own home, or by forming a group and working with others. Patterns are available and there are people who've helped in the past who would be more than happy to share their knowledge and experience. **The more people who participate, the more caps and ditty bags we will be able to present to Ken Hawkins when he visits us next year!**

Thank you for thinking about offering your time & talent!

Judy Drummond



Our St. Bede Angler Extraordinaire!



TOM WILKIN



FLOWER AND CANDLE DONATIONS



We still have many opportunities to honor loved ones with beautifully arranged Sunday flowers or sanctuary candles. **For flowers (\$20), and/or for Sanctuary candles (\$5), please sign up on sheet in Parish Hall.**

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.



OUTREACH COMMITTEE

Dear Church Family;

Your Outreach Committee met and, after much discussion, decided to request the Bishop's Committee approve funds be sent to: **Helpline; Backpacks for Kids in Port Orchard; Meals on Wheels;** and the Bishop of Puerto Rico's Discretionary Fund.



After the Earthquakes in Puerto Rico, we're sure the Bishop's Fund is sorely depleted. While we know he needs much more that we can send, every little bit helps. When tragedies happen, money gets spent rapidly. **We pray our bit will help at least one family and others will also be recognizing the problem and the Bishop will be able to take care of his Flock.** The other thing we can and should do, is pray for all.

**As we are all the Hands of Jesus, we pray you keep doing.
Blessings, Your Outreach Committee**



FAMILY KITCHEN

St Bede's will be serving our guests on Monday, March 23.



Our day starts at 11am with food prep and cooking and we serve at 5pm and usually finished with clean up by 6:15pm.

St Bede's day to serve is the 2nd to the last Monday of the month.

Margo Spence



ST BEDE GRIEF SUPPORT GROUP

will be starting another

14-week session

on

MONDAY, MARCH 16

4:30pm to 6:30pm

in the Parish Hall

For more information,

Please contact Ken or Mary Hulet at 360-895-2581

Parish Nurses

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 Children's Spiritual Development***



PARISH NURSES

Take this quiz:



What's Worrying You? The Facts About Anxiety

- **1. Anxiety and stress are the same thing.**
 - True
 - False
- **2. Anxiety can be a good thing.**
 - True
 - False
- **3. You may need to talk with your doctor if anxiety makes you:**
 - Lose your appetite sometimes
 - Feel wound up or on edge often
 - Have trouble sleeping now and then
- **4. What percentage of American adults are affected by an anxiety disorder each year?**
 - 11%
 - 18%
 - 24%
- **5. Who's more likely to be affected by anxiety disorders?**
 - Men
 - Women
- **6. You may be more likely to have an anxiety disorder if you:**
 - Are shy
 - Are divorced
 - Have a parent with a mental illness
 - All the above
- **7. Medication can cure anxiety disorders.**
 - True
 - False

- **8. Exercise works as well as medicine for some people with anxiety disorders.**
- True
- False
- **9. This can be a symptom of generalized anxiety disorder:**
- Feeling tired
- Trouble sleeping
- Restlessness
- All the above
- **10. Fear of this may be linked to a panic disorder:**
- Exercise
- Flying
- Obesity
- **11. An intense fear of this can be a sign of social anxiety disorder:**
- Public speaking
- Crowds
- Both

1. **Correct!** You Answered: **False**

Anxiety is an emotion -- you feel nervous or scared. Stress is a physical response to something you feel threatened by -- your heart beats faster, your breath comes quicker, and your muscles tense. It's your body's way of making you alert and prepared for action. Anxiety can be triggered by stress.

2. **Correct!** You Answered: **True**

It may not be enjoyable, but it's a normal emotion. And it can help you focus when you face a challenge or threat.

3. **Correct!** You Answered: **Feel wound up or on edge often**

A loss of appetite or sleep every once in a while because of anxiety is normal for most people. But people who have extreme fear and worry that won't go away or interfere with their jobs or relationships may have an anxiety disorder

4. **Correct!** You Answered: **18%**

Anxiety disorders are the most common type of mental illness in the U.S.

5. **Correct!** You Answered: **Women**

Women are twice as likely as men to have one. Your risk is also higher if you're under 35 or you have a chronic disease.

6. **Correct!** You Answered: **All the above**

You're also at greater risk if you have money problems or have dealt with stressful life events.

7. **Correct!** You Answered: **False**

Medication can only manage the symptoms. The ones usually used to treat them are antidepressants and anti-anxiety drugs. Other medicines can help control physical symptoms like a fast heartbeat or shaking or trembling. But you also may need therapy for the underlying cause.

8. **Correct!** You Answered: **True**

In one study, people who did regular, vigorous exercise were 25% less likely to develop an anxiety disorder.

9. **Correct!** You Answered: **All the above**

If anxiety prevents you from doing everyday things and just won't go away, you may have this type of disorder. You might also have a hard time concentrating, be irritable, or have muscle tension.

10 **Correct!** You Answered: **Flying**

This disorder involves repeated panic attacks -- sudden, intense fear that makes your heart pound and causes sweating, trembling, and shortness of breath. You also may worry about when the next attack might happen and avoid places where you've had them before. For example, if you have one on an airplane, it can lead to a fear of flying.

11 **Correct!** You Answered: **Both**

You may feel nauseous and blush, sweat, or tremble when you're around other people. You may be afraid of being embarrassed or judged, and may worry for days or weeks before a social event.

Stay tuned for a series on stress and anxiety

Ken & Mary Hulet, Parish Nurses

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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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.**