



The Venerable  
Bede

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

*Our Newsletter*



**"The Tidings"**

**APRIL 2020**

*Special Events*

*The most important thing we can do during this difficult time is to stay safe. Next is to keep in touch with each other, by phone, email, Facebook, texting, whatever works for you.*

*Our Gathering Groups have been reaching out to each other with positive results, which is wonderful.*

*Having our services online is very helpful and following our Presiding Bishop, Michael Curry's meditation is excellent.*

*We have never experienced anything quite like this. We are in this together and we need to stick together to get through it.*

## ST. BEDE FAMILY APRIL BIRTHDAYS



Happy Birthday!

Elizabeth Mills	Jim Drummond
Micah Hargrave	Jacob Wilson
Jeri Goebel	Jim Gossett
Linda Beetz	Gerry Davison
Mark Williamson	Richard Dykstra
Michael McFarland	
Bill Thaete	

### Bishop Greg's Directive

**I have decided to continue the closure of our churches and to continue virtual worship at least through Holy Week.**

This means you should plan for a virtual Holy Week.

St. Mark's Cathedral is planning Holy Week Livestreams and the idea would be that you could link to those.

[www.saintmarks.org](http://www.saintmarks.org)

We also have the link to **Presiding Bishop Michael Curry's weekly Habits of Grace** to guide us through coronavirus.

<https://episcopalchurch.org/habitsofgrace?wchannelid=u3mbmc7c0r&wvideoid=tu6zecrp3s>

**ALSO** our local virtual service with St Antony, Silverdale. Simply go to **St. Antony's Church page on Facebook**, and at the appropriate time 8am or 10:15am, wait for the live service to begin. [www.facebook.com/saintantony/](http://www.facebook.com/saintantony/).

**St Bede's will continue to keep you updated via emails, and hope we may meet in person for our Easter Services, April 12 at 8am and 10am**, with possible egg hunt for the children after the 10am service.

## EPISCOPAL CHURCH WOMEN (ECW)

**The Episcopal Church Women (ECW) is in suspension like Church and all other activities.** However, we can think ahead and be ready for start-up, whenever that will be. While on social distancing many of you may be taking on home projects. **Since the Spring Fling may or may not be held on the scheduled date, we can prepare for the event and set a date after we have more information.** Below are some suggestions from the publicity chair, Judy Drummond. **Mary Ann Balyeat**



### SPRING FLING

While we are not sure what the next few weeks and months hold for us, we hope you are all well, enjoying the extra time you have with your family, and making the best use of your free time by completing projects. One of the first things many of us think about at this time of year is spring cleaning! **Not always the most pleasant task, but, one that has been made easier here at St. Bede's, knowing that we can donate gently used and outgrown clothing and household items to the church's annual "SPRING FLING"**

If you are new to St Bede's Church, you may not know that the Spring Fling is a highly anticipated event at St. Bede's as well as within the community. **One of our major fundraisers, this year, if all goes well, it will be held on May 30 and 31.** It involves participation by all members of the church, men and women alike, and helps many in the community.

If cleaning out your drawers and closets is one of your projects during your extra time at home, **we hope you will consider setting some of your unwanted items aside for a few weeks, and then donating them to St Bede's Spring Fling.** To make it a successful event, lots of bodies and muscles are needed. Volunteers beyond the organizers are needed. **Sarah Yergin, Fran Valley, Kathleen Ebbert and Jami Bledsoe are in charge of the Spring Fling, and would love to hear from you, if you are able to help in any way.**

**Thank you!**

**Judy Drummond**



**ST BEDE GRIEF SUPPORT GROUP  
is postponed until further notice.**

**You are encouraged to sign up for daily inspirations  
and messages at [griefshare.org](http://griefshare.org).**

**For more information,  
contact Ken Hulet, Parish Nurse, at 360-895-2581**



**MUSIC at ST. BEDE**

**Yes, I play a lot of J.S. Bach** Many of us have sung Bach chorales in choirs and been moved by the arrangements of chords and polyphonic, linear melody tracks. **Many of the hymns in our Hymnal of 1982 were composed and harmonized by Bach, as they are shortened copies of his chorales.** You who attend regularly have heard me play "Jesu, Joy of Man's Desiring" and "Break Forth O Beauteous Light" many times in the last 4 years, even occasionally out of liturgical season. I WAS planning a serious chorus from Handel's Messiah, "Behold the Lamb of God" for Holy Week. This is because certain chords and harmonies express grief, certain musical arrangements express joy or angst.

**What does the music do to the text? How do the words impart meaning to the music? It still amazes me that little dots of ink from Bach's pen 350 years ago can evolve into waves of religious emotion.** We hear a relationship between a musical element and something extra musical in vocal music of J.S. Bach.

Hoping to be with you all again soon, playing and singing at St. Bede's.

**Mary Ferreira**



## PARISH NURSES



## COVID-19

If you're anything like some, your anxiety levels are going through the roof with all this crazy coronavirus news!

Your sleep is suffering even more than usual too...

You may be lucky to get 4 hours of sleep, let alone the usual 7.

And here's the thing...

Not getting enough sleep is one of the worst things you can possibly do if you want your body to be able to fight off viruses.

Studies from as far back as 2009 have scientifically proven **that if you get less than 7 hours sleep you are 2.94 times more susceptible to even the mildest viruses** like the common cold.

Not to mention this deadly new coronavirus that is sweeping the world.

To put it another way...

**Getting good quality sleep can make you 70% LESS likely to get badly affected by viruses.**

The same results were seen when they looked at sleep drugs similar to **Ambien**.

## So what can you do?

**Continue to exercise.** Take a walk. Find a little used trail, such as in Banner Forest and go for a nature walk. Relax your mind as well as your body.

**Take a break from the news.** The current news about the virus can only increase your anxiety.

**Exercise your mind as well as your body.** Play games with your family. Relearn some of the old games like backgammon and cribbage.

**Reach out and touch someone.** Maintain your family and friend contacts, either through social media or texting. They will appreciate hearing that you are ok as well as you are maintaining that essential family contact.

**Continue to eat a balanced nutritious diet.** If you're unable to shop, use the online pickup/delivery services such as those available through Safeway and Fred Meyer. **Contact a friend to pick up for you if you are not able to make the trip.** I am sure there are many in the congregation who would not mind running errands for you. Me included.

You have heard so many things that you should watch out for and I am not going to go over those here. But, **Avoid the scams and misinformation. If you have a question and it just does not sound right, check it out.** Don't get caught up in all the hoopla.

**Find an outlet.** Some of the medical communities are asking for cloth facemasks to supplement their dwindling supplies. I have several patterns if you are interested.

**Contact me and I will be happy to share.** Dive into your fabric stash and donate to the community. Establish new routine. Fight the stress with healthy habits.

**Try a new recipe or pattern,** make a quilt, knit a cap. Make this time productive and don't get caught up in the TV only regime and make excuses to overdo screen time.

**And last, but not least, if you have any of the symptoms, call your doctor.** Stay home if you are sick. Exercise the health promotions and cautions that you have heard over and over. Do continue to practice your social distancing. **We are in this together and we need to stick together to get through this.**

Stay Healthy!      **Ken & Mary Hulet, Parish Nurses**



## **FAMILY KITCHEN**

On March 23, we prepared 60 bagged meals for our guests, and they were appreciated.

If the COVID-19 situation permits, St Bede's will be serving our guests on Monday, April 20.



Start time is 2:30pm with food prep and cooking. We serve at 5pm and are usually finished with clean up by 6:15pm. **St Bede's day to serve is the 2nd to the last Monday of the month. Please pray for cooperation with safe distancing and protection for all involved.** Thank you.      **Margo Spence**

## **TIDINGS**

*Published monthly by*

**St. Bede Episcopal Church**

**1577 SE Lider Rd.**

**P.O. Box 845**

**Port Orchard, WA 98366**

**360-876-1182**

[bedeschurch@gmail.com](mailto:bedeschurch@gmail.com)

[www.stbedeschurch.org](http://www.stbedeschurch.org)

- 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**



**St. Bede Episcopal Church**

**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.**