



The Venerable
Bede

St. Bede Episcopal Church
Port Orchard, WA

Our Newsletter



"The Tidings"

MAY, 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.

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

Message from our Priest in Charge – Joseph Hickey-Tiernan In Touch and At Home



By the time you read this, I will have celebrated my 76th birthday. Big crowd at the party: Deborah, my spouse, and Bernie, our cat. I had other plans for the year 2020, but our Bishop thought St Bede was where I should be. Neither of us had planned on the Covid-19 intrusion. I'll still be 76 next February, my 50th anniversary of priestly ordination. I am mentioning these things to say that you will be part of my life, and I of yours, during this coming year of unknowns and hopes.

St Bede's is working on staying in touch, inviting parishioners into Zoom services (Eucharist, Compline, Bible Study) and friendly encounters, like Zoom coffee hours. I'm working on adding a voice mail box to our phone system, so people can leave truly private messages for me, which I can retrieve even while I'm at home or on the road. We have asked help to replace the missing Wi-Fi booster in the sanctuary to make our Facebook and Zoom broadcasts more reliable. Bishop's Committee members are starting to make the rounds of phone calls to help parishioners connect with them, and last week I started my own calls at random to introduce myself and ask for any input that would help me understand St Bede's. I have already learned a lot, and I thank those who have offered to guide me in this. This is my first Tidings article, and I can promise that in the months to come the contents will be all over the place, as are all conversations between friends. And with God.

It has been many years since I realized that those conversations with God have a marvelous byproduct. Sharing with God about those I love, those who are engaged with me in even the most routine ways, those far off or even deceased, shortens the space between me and them. No one knows them better than the Creator, no one cares for them more than the Savior, no one has more influence over their welfare than the Spirit of Love and Truth. Our entire St Bede community is never closer than when any one of us is at prayer with us in mind. The more I pray, the more I phone and write and dream about everyone else.

Do you have a special spot at home, as I do, a kind of secret “chapel” or meditation chair? We have a section in our bookcases that brings the Lord to mind, connects us with favorite devotions or images, and holds souvenirs of our life in the Spirit. Because Deborah has designed a series of magnificent Paschal Candles, four of those bring to mind the months of artistic endeavor and Easters Past. There are notes to myself and God to remind us of people I am praying for daily this week: family, friends, medical workers – Richard Dykstra who turned 80, and former St Bede member Jane Ormond who went home to God last week. Alongside them there is the first chalice I was given fifty years ago, a witness to a kind of miracle. Looking at it helps me remember that God works in strangely beautiful ways.

An older friend and mentor knew a priest who was in deep psychological trouble. His psychiatrist told him, “Unless you get out of your head, Father, you will lose your mind.” The troubled man signed up for a pottery class, and began using his hands instead of his head. This hand-made chalice on our altar shelf was his first creation, and he soon regained his hold on reality, with his feet on the ground, and many wonderful bowls and pots to come.



Who would benefit by being remembered by you whenever you go by your secret chapel? How would you benefit, day by day, from time in conversation with the Lord during our indefinite sentencing to social distance? What would change deep within you if the distance from those who love you now, or loved you through your entire time on earth, were re-measured to no farther than your next grateful breath?

Let’s talk about this and other things again, my friends. As my spiritual director reminds me often, “Never resist a generous impulse!”

Joseph, priest

ST. BEDE FAMILY MAY BIRTHDAYS



Michael Crowe	Barbara O'Hearn
Darrell Gee	Glenn Proud
Ashley Cameron	Steve Wiltz
Judy Drummond	Laurel Stone
Carol Parsons	Pauline Burtner
Katie Thomassen	

Prayer for Pandemic

- May we who are merely inconvenienced remember those whose lives are at stake.
- May we who have no risk factors remember those most vulnerable.
 - May we who have the luxury of working from home remember those who must choose between preserving their health and making their rent payment.
 - May we who have the flexibility to care for our children when their schools close remember those who have no options.
 - May we who have to cancel our trips remember those that have no safe place to go.
 - May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.
 - May we who settle in for a quarantine at home remember those who have no home.
 - As fear grips our country, let us choose love.
 - During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors. Amen

*This prayer was posted on the website of
the Episcopal Church of the Holy Spirit, Verona, New Jersey.*

SPRING FLING / RUMMAGE SALE



Spring has finally sprung, and it's so nice to see blue skies dotted with fluffy white clouds, trees and flowers beginning to bloom, and to hear the birds chirping and see them hopping about as they greet one another looking for worms. Everything looks and seems "normal" for this time of year, with one exception.

The words "Stay home, stay safe" have become our mantra, and we're learning to adjust to a new way of living as we know it, so that we don't risk catching or transmitting Corona Virus germs.

In last month's Tidings I mentioned that if all went well, we are planning for and hoping to have our annual **Spring Fling**, one of St. Bede's major fundraisers on **May 30 and 31**. We don't know now what "safe distancing" precautions or requirements Bishop Rickel or Governor Inslee will have in place at that time, but we continue to be hopeful that our **Spring Fling** will take place on the last weekend in May.

This event will only be successful with your contributions! Please continue to set aside your contributions of gently used outgrown clothes and no-longer-needed household items. What you may not want or be able to use may be the treasure that someone else is looking for. The Spring Fling is an event that everyone, members of St. Bede's and the community alike, look forward to! Thank you, remember the dates ... **May 30 & May 31**, and stay safe & healthy!

Thank you!

Judy Drummond



**We have an updated church phone book
– ask Kathleen Ebbert for a copy.**

MUSIC MINISTRY

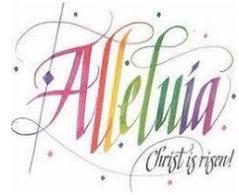


Greetings from St.Bede's,Wi-fi music department.

Thank God the birds are singing.

This month I have been thinking about Lenten hymns, "Hymnal of 1940", Easter's past, and fragile life itself.

It was inspiring to be able to be a part of the Easter service on "Facebook" playing our triumphant hymn "Jesus Christ Is Risen Today" on our St. Bede's keyboard.



My recommendation in a turbulent but quieter world-

Listen to Mozart piano concerto #21 in C, 2nd movement.

Love and God's beautiful music to each of you

from Mary Ferreira



FAMILY KITCHEN

We did not serve in April, as another church, with an abundance of young people asked to cook on another night.

As some of you know, I had been really struggling with our risk of exposure to this virus on top of our mission to feed people. I'd lost countless hours of sleep as a result. When the phone call came asking me if we could give up our night to cook, the initial response of my heart was no. I love these people. I wanted to see them. Then I remembered the long conversations (mostly me talking) with God.

This was the answer. This was what I had been asking for. It took a minute to register. I was able to say yes without guilt or worry that I let anyone down. I am a servant and God is in charge. I never needed to fret or worry.

Depending on our state of "shut down", we will tentatively serve on May 18.

Thank you. **Margo Spence**



EPISCOPAL CHURCH WOMEN (ECW)

ECW is in suspension like Church and all other activities.

We have been encouraged by virtual church via electronic media. Hopefully you have found comfort and togetherness in those opportunities. The St. Bede Facebook page has information about virtual opportunities.

As for ECW activities and planning, when the word arrives that we can continue, we will be ready to plan and continue our good works at St. Bede. Please do stay safe and healthy.

Do save any good, usable items you might be cleaning out as we are still hopeful that the Spring/Summer Fling, also defined as a rummage sale, can be added to activities when the Church is again open.

Mary Ann Balyeat



Depending on the COVID-19 situation

Camp Huston is an Episcopal summer camp where children and young 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 Kathleen Ebbert in the office



Are You Immune to COVID-19 After You've Had It?

BY [NEHA PATHAK, MD](#) Board-certified internist APRIL 8, 2020.

The virus that causes [COVID-19](#) was only discovered a few months ago, so there's a lot we're still learning about it. A few stories coming out of China, Japan, and South Korea of people testing positive for the virus after recovery have a lot of people asking if it's possible to be reinfected with COVID-19.

Based on data from other viruses and coronavirus strains, we know that people make antibodies 7-10 days after infection and that, depending on the type of virus, these antibodies can fend off reinfection for months to years after recovery (antibodies provide immunity only to the specific strain of coronavirus that a person was infected with). But, again, since COVID-19 is a new virus, we still don't know how long antibodies will stay in our system after this specific viral infection.

Does being infected with COVID-19 make you immune?

We will need to do long-term studies in humans to find out if people who recover from COVID-19 are immune and to learn how long that immunity will last. But again, based on what we know about how our bodies respond to other viruses, it is highly likely that the antibodies we make after infection with the COVID-19 virus will provide immunity for a period of time.

Chinese scientists have conducted some early research with rhesus monkeys and [found](#) that antibodies after recovery from COVID-19 protected the monkeys from becoming reinfected after another

exposure to the virus. After the SARS outbreak, one study showed antibodies lasted for up to 3 years. Studies from Middle East Respiratory Virus (MERS), another infection caused by a coronavirus, have shown that antibodies can be found in the body for about a year.

The level and time period of immunity can also depend on how an individual's immune system responds, so there is a lot more we still need to learn about immunity after COVID-19 infection.

Can you get reinfected after recovering from COVID-19?

Some reports have started to emerge about people who have recovered from COVID-19, but later tested positive for the virus again.

Several reports from China have described cases of people with mild symptoms continuing to test positive for the virus, even after recovery. A small study of Chinese healthcare workers also described [findings](#) where people continued to test positive even after they had recovered. The study found that these individuals no longer had symptoms and that they didn't go on to infect their family members. Very recently, the Korean Centers for Disease Control also reported dozens of people that tested positive after recovery.

Two cases outside of China are even more puzzling: people who had seemingly recovered and tested negative, then weeks later, began to have symptoms again and were found to be positive when re-tested.

According to experts, these scenarios require further study, but are unlikely to reflect reinfection. A positive test after recovery could be detecting left over virus that may still be present but is not causing infection. For those people who became positive after recovery, it may be that the infection was lingering in their bodies at lower levels and then re-emerged. Or it could mean that prior negative test were false negative (the swab may not have captured viral particles during the testing process).

Research will continue to look at this question, but from what we know about our body's ability to fight of viruses, it is highly unlikely

that a person that has recovered from COVID-19 and made antibodies will become reinfected in such a short period of time.

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

For Slowing Down

*“To slow down,
To find calm in the chaos.
To be present.
To connect to those things that deeply matter
to us.
To think creatively.
To be creative.”*

*To those who are at home with busyness,
this might be a disquieting time.
Perhaps embrace it as a chance
to live as we should be periodically living
-not busy,
but calm and quiet*

On-line services and videos may be viewed on Facebook:
www.facebook.com and enter St Bede Episcopal Church Port
Orchard, or St Antony Episcopal Church Silverdale, or our
St Mark’s Cathedral – www.facebook.com/saintmarksSeattle

When my arms can't
reach people who are
close to my heart...

I
always
hug them
with my
prayers.



www.iampoopsie.com

alleluia

THE LORD IS RISEN, INDEED!

TIDINGS

Published monthly by

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Priest in Charge

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Services:

When the Covid-19 restrictions are lifted, our regular 8AM and 10AM Sunday Holy Communion Services and 11am Wednesday Holy Communion, Bible Study and Prayer Service will resume.

*On-line services and videos may be viewed on www.facebook.com and enter *St Bede Episcopal Church Port Orchard, or St Antony Episcopal Church Silverdale, or St Mark's Cathedral* saintmarksSeattle*



St. Bede Episcopal Church

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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.**