



The Venerable  
Bede

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



**Our Newsletter**

**"The Tidings"**

**JULY, 2020**

**Special Events**

*Social Distancing and Staying Safe are still the most important things we can do during this difficult time.*

*We are encouraged by keeping in touch with each other, by phone, email, Facebook, texting, for example.*

*St Bede on-line services are proving to be successful and helpful.*

*Our Bishop's Committee Members continue to reach out to our people.*

*We have never experienced anything quite like this. We are in this together and if we stick together, we will get through it.*

## Message from our Priest in Charge – Joseph Hickey-Tiernan

### BEYOND ORDINATION



Maybe it was when you began studying physics, or more recently from doing crossword puzzles, but you've probably heard of Archimedes (born c. 288 BCE).

He said, give me a place to stand (and a really long lever) and I can move the earth. **Next Tuesday, our Deacon, Hillary Kimsey, will be ordained a Priest (Livestreamed from St Mark's Cathedral, 6:30 pm, June 30<sup>th</sup>).** That has me thinking about what has influenced me during the fifty years since my ordination.

Our Episcopal Church is not a community where *undue* influence is usually a problem. No one has ever said to me, "Preach This" or "Don't Preach That!" Nevertheless, I have been *mightily influenced* in my ministry by people, and many of them may have no idea of doing it. Let me mention just a few examples.

Our next door neighbor was Dorothy Whitcomb, who had no children, but all the children in the neighborhood called her "Aunt Dot." She was a Lutheran who looked at me very seriously at a dessert party at our house: "I like the way you talk. You should become a pastor." I was ten.

I was eleven when my teacher for the first half of the sixth grade began every day using several words none of us knew. By the end of the day, we had looked them all up and could use them in our own sentence. She often repeated this piece of advice: "Get rid of clichés. Decide what you want to say, and then say it, choosing the best words you can find. Mean what you say."

The only thing my Dad ever said about me as a priest came the day he attended a service without my knowing it. He surprised me afterwards by coming up to me and saying, "When I hear you preach, I feel better right away."

I presided at the KING-TV Eucharist ("for Shut-ins," discontinued in 2017 after 43 years) at least once a year for twenty-five years.

Every time, until her death, I got a thank-you card from the same lady, who could not get to church otherwise. It always read, “Thank you. This is the one time each week I am really alive.”

In 1965, Butch Leigh shared a secret with me: “If you get ordained, don’t expect to change the world. This I can promise you: you’ll have the best seat in the house for seeing miracles happen in the lives of people, and nobody else may ever know.”

My college speech teacher was insistent: Don’t talk down to people. Find and use your CQ. CQ is Conversational Quality. Talk the way you would in a conversation, as if you expect the other person to have something worth hearing, and you hope to hear it.

When I first arrived in Washington, as a young theologian I was invited by the Church Council of Greater Seattle to explain to two-hundred other clergy of various denominations what had happened at Vatican II, the Council in Rome. It was a summer night, and except me, everyone was dressed for a night off work. After a spirited discussion, debate even, everyone left for home in a good mood.

Since I had to gather up my notes, the pastor of University Christian Church, where we were meeting, asked me simply to pull the door shut when I was ready. It would lock by itself. It did. ... A young bearded man had been waiting for a long time outside near the door. As it clicked shut, he asked if he could talk to me. “I was watching you,” he began. “I could see by your collar you were the clergyperson. I wondered who all the other people were, but you were the one I needed to talk to. Can we go in and talk?” I explained my situation, and that I had no way to get in myself. He said, “I was within minutes of taking my life, when I saw you in there dressed as a priest, and decided I would give *you* one chance to talk me out of it.”

We drove around silently in my little VW Bug, and ended up at the rectory of Blessed Sacrament Catholic Church. The church’s lighted tower stood out against the rainy night, as I had in my collar in a sea of clergy. I explained as little as I could to the housekeeper, but she

saw we were both desperate in some way, and led us to a tiny parlor. **That evening has brought me back to *not giving up* many times.**

A woman of a golden age, one of the first to have a pilot's license in the state, wrote me a note: **“Your Main Job is Remembering What your Main Job Is.”**

Someone else reminded me, **“Sir, we want to see Jesus”** (John 12:21).

***Influence!*** Our Bishop, Greg Rickel, wants us to write to those about to be ordained. There are five of them, and our Hillary is one. The Bishop wants us to send a note to each of them, through him.

**Diocese of Olympia  
Attn: Ordinations  
1551 Tenth Avenue East  
Seattle, WA 98102**

**Here are their names:**

**Michael Beaton Oakley  
Rong By  
Stephen Daniel Crippen  
Natalie S. Johnson  
Hillary Beasley Kimsey**

**My own experience tells me, the best influence we have on a person at the beginning of his or her journey as a priest is to help them realize God believes in their ministry, and we believe in their capacity to act on that grace. In our own words!**

**May the Influence of your Prayers and Encouragement speed them on their way, and return to you as a Blessing on your own.**

*Joseph, priest*

## Greetings from our Deacon, The Rev. Hillary Kimsey

Dear Friends,

As I write this, we have just finished another joyfully chaotic Zoom Coffee Hour (which I mistakenly labeled "Happy Hour" to the delight of all) and I find myself feeling full of gratitude. When I first began my field experience here back in April of 2019, I had no idea what to expect. I walked in to a Lenten Soup Supper that first day and stumbled my way into a beloved community. Back then, I had no idea of what was coming. I had no idea that months later, I would fly home to my grandmother's funeral and fly back in time to be ordained a transitional deacon the very next day.



We did not expect to weather a change in our leadership with Arienne's departure to serve as Canon to the Ordinary. We have been worshipping and growing together through a global pandemic, embracing new ways to be the church! And in the midst of one pandemic, attention turns to a second pandemic, one which has been plaguing our nation and world for centuries: racism.

We are in truly historic times! What we are seeing on the news or even on the streets of our own towns will one day be taught in history classes to our next generations. And we are in these times together, even while physically apart. The church, when she is at her best, is a reflection of God's Kin-dom on earth, a community, or even a family. And in the past year, especially these last hectic months, I have witnessed St. Bede's embody love for each other and love for neighbors near and far. It has been such an honor to be with you! You have been such a kind community, full of eager warmth and hospitality. I've dearly loved my time learning from you how a common goal of feeding people and welcoming them with love can overcome all kinds of differences and fear.

Yet, as we read in Ecclesiastes, "For everything there is a season, and a time for every matter under heaven." My time as your intern and

your transitional deacon has reached its end. **On Tuesday, June 30th, God willing and people consenting, I and four others will be ordained to the sacred order of priests. And on July 1st, I will begin a two-year curacy at St. Luke's in Ballard.** I will join the livestream worship team to preach a final time on Sunday, June 28, and that evening, I will offer my final online compline prayer service from the St. Bede's Facebook page.

**I hope that many of you will be able to watch the ordination online!** It will be broadcast beginning at 6:30pm on June 30th at this link: [https://saintmarks.org/worship/livestream/?fbclid=IwAR3uYFYe6yAH8S5CZmwLzDtffD3O8YmQ3Xba02NS1RC5cvTO\\_4kjDyJaFD4](https://saintmarks.org/worship/livestream/?fbclid=IwAR3uYFYe6yAH8S5CZmwLzDtffD3O8YmQ3Xba02NS1RC5cvTO_4kjDyJaFD4)

What you will see is a very different ordination service; there will be no guests, only the ordinands, the Bishop, and Cathedral staff. We will wear masks, and there will not be a reception afterward. But with every attention to each other's safety, the ordination will go on!



This teaches me the same thing that I learned from being your deacon: the work of the church goes on, no matter what. Nothing, not even COVID-19, will stop us from being the church. Nothing --not even this thing!-- will keep us from the love of Christ.

I am saddened that I won't get to hug all of you and say goodbye in person. I hope that there is another Sunday down the road when I may be able to surprise you all with a return visit and some long overdue hugs. But until that day, we will ever remain family in Christ.

And so, may God the Creator surround you with love. May the teachings of Christ light a fire for love and justice in your hearts. And may the presence of the Holy Spirit chase any loneliness, and give you peace. Amen.

With endless gratitude, **Hillary**



**I wish to add Deacon Hillary has been a real blessing to St. Bede's. Kathleen Ebbert**

# CHURCH GROUNDS WORK PARTY

Calling all able-bodied people!

St Bede Grounds Committee is having  
a  
**WORK PARTY**  
on  
**TUESDAY, JULY 14 at 10am**  
to  
**SPRUCE UP THE CHURCH GROUNDS.**

Bring your own tools and face masks!

We will need weed-eaters, lawnmower, loppers,  
wheelbarrow, shovels, rakes,  
perhaps even a leaf blower.

Please contact Committee Members  
to let them know you plan on  
assisting with this worth-while project

Darrell Gee – 1-253- 549-4143  
Gary Ebbert - 360-876-4954  
Don Lorimor – 360-876-8907



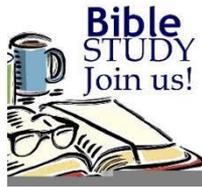
## ST. BEDE FAMILY JULY BIRTHDAYS



John Pope  
Charlie Billings  
Mary Hulet  
Margo Spence  
Jeff Chance  
Janice Williamson  
Mary-Francis Jones  
Gretchen Nelson  
Patrick Johnson

### Invitation to St. Bede's Wednesday Bible Study with Joseph Hickey-Tiernan

We meet on Wednesdays, via Zoom, at 11 am-11:45 am  
to read and discuss the readings for the following Sunday.



**We would love to have you join us.**

Each Tuesday you will be sent the link to join the  
Zoom meeting on Wednesday, and a copy of the  
readings.

**If you are interested, please contact Karen Bathgate.  
360-792-1807; kbathgate@comcast.net**

## EPISCOPAL CHURCH WOMEN (ECW)

ECW, like most groups at St. Bede, is in limbo. **However, the ECW on the Diocesan Level Daryl Storey, ECW Olympia Diocese Rep has informed me of a project which may be something individual women may wish to consider.** The Diocese has no coordinated plan but invites individual to participate on their own.

Families in Navajoland, specifically in the Fort Defiance Arizona

area, have been hard hit by the virus, which is compounded by the fact that supplies are a good distance away and sold out.

**Women of St. Bede, here is an opportunity to put your time to a project to help those in need at the Good Shepherd Mission.**



**No95 masks and face shields are needed. If you want to provide them or sew some to send, this would be a worthwhile project to consider.** The Diocese has no plan for mailing or distributing but they have given an address for mailing items. Because of our situation, it is strictly an individual project, and up to you to mail them to the Mission.

There are some other items on their list of needs:

- Diapers 1-4 size**
- disposable gloves**
- face shields**
- disposable gowns**
- spray bottles (for Clorox water solution)**

Mailing Address is:

**Good Shepherd Mission**

**PO Box 618**

**1 Kit Carson Drive, Fort Defiance, AZ 86504**

**For more information, please give me a call or e-mail at**

**[wm.mab@wavecable.com](mailto:wm.mab@wavecable.com).**

**Mary Ann Balyeat**

## BISHOP'S COMMITTEE MESSAGE

**We continue to meet virtually and will do so until we can safely meet in person**  
Our focus in these challenging times is on communication, pastoral care, and meeting spiritual needs as best we can.



**We will be working on plans for reopening our church building.** There are many considerations and adjustments we will have to make before that happens. It will look different.



**We are also working on getting a Stewardship Committee together.** You might be approached by a B.C. Member, or want to take the initiative and contact one of us, if you are interested. Please prayerfully consider this important church work

**We appreciate your input. What do you see as pressing needs of our congregation, as we face the next few months?**

**We would like to thank all those involved in keeping St. Bede's Spirit alive and doing God's work** from making our worship services available, to filling our Little Pantry, to showing love and kindness toward each other in a variety of ways, during these difficult times.



**Bishop's Committee Meetings are for the most part, open to all members of the congregation.** If you would like to join us for a meeting, please contact Karen at [kbathgate@comcast.net](mailto:kbathgate@comcast.net) or (360) 792-1807, and I will send you a Zoom link for the next meeting. Meetings are held the 4<sup>th</sup> Thursday of the month from 7pm to 9pm.



God Bless you,

**Karen Bathgate, Senior Warden**

## ST BEDE ECW "RUMMAGE/GARAGE SALE"

It doesn't seem possible that the month of June has already begun! More sunny days with blue skies, ☀️ flowers blooming and newborns in the wildlife kingdom. 🌸🌺 There's something encouraging about the change in weather, the sounds of nature, and the sight of deer casually walking through our yards nibbling at what we like to think of as "our" flowers and bushes. 🦌🌿

**Members of St. Bede's may not be gathering physically, but our church is alive & well!** It looks as though we may have "weathered" the worst of Covid-19 (until the 2nd wave hits), we've learned a lot, and it seems as though most of us are faring pretty well. We've adjusted to our quieter lives by staying connected with family and friends, reading, doing puzzles, sewing knitting, and going through the motions of non-graduation activities for loved ones leaving the nest. **It's been a time of self-reflection for many, and a time to find comfort in worshipping online.** 🙏



**We haven't abandoned our favorite activities, such as the "Spring Fling," but instead, we've learned to accept the fact that everything will happen in good time, with patience.** Now is the time for us to remember fondly what we have done in the past, and look forward to those things we will accomplish with enthusiasm when we once again, gather as a group. **Our church family of St. Bede's is alive and well, ready to tackle whatever lies in our future!**

Please stay safe and healthy! **Thank you!**



**Judy Drummond**



**We have an updated church phone book  
Please contact Kathleen Ebbert for a copy.**

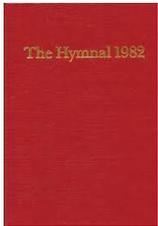
# Greetings from St. Bede's Music Corner

## From: "The Hymnal 1982"



"The Standing Commission on Church Music, which assembled this collection, combined the best of the past and sets forth many riches of our own time".

**The commission was especially concerned that the hymnody affirm "the participation of all in the Body of Christ the Church, while recognizing our diverse natures as children of God"...**



"This has resulted in the sensitive alteration of texts [from previous hymn books] which could be interpreted as either pejorative or discriminatory, while preserving the artistic quality and intent of the originals...Texts and music which reflect the pluralistic nature of the Church have been included, affording the use of Native American, Afro-American, Hispanic and Asian material."

**I think this is one of the most important goals of our hymnbook, and it is especially useful to ponder these meanings during these times.** Combining the musicality of our hymns with the content enhances our experience at St. Bede's and with each other.

Regards from **Mary Ferreira**

## FAMILY KITCHEN



**Thank you Sarah, Linda, Debbi and Ron.**

Your help is so appreciated. Sarah had the magic touch with the food processor.

We assembled 50 meals of American goulash, coleslaw and brownies.



**Next month Family Kitchen will be on Monday, July 20. We will start at 1pm.**

In love,

**Margo Spence**



## PARISH NURSES

# Physical Symptoms



## of Anxiety (PART 1 OF 2)

With the current health and world situation, it is easy to get caught up in the drama and start internalizing what is going on around you. This can lead to anxiety that manifests itself in physical symptoms that may be sporadic or overpowering. These symptoms, if allowed to continue, can lead to other health problems or be mistaken for other illnesses.

### Rapid Heartbeat

When something scares you suddenly, like a loud noise, it triggers stress hormones (adrenaline, noradrenaline, cortisol) that make your heartbeat faster and harder. You may feel like it's beating unevenly (heart palpitations). Over time, if it happens too much, you're more likely to have high blood pressure, heart disease, hardened arteries, high cholesterol, stroke, and heart attack.

### Fast Breathing

Along with a pounding heart, you might start breathing more quickly when you're scared or anxious, or feel like you can't get enough air. Some people breathe so fast that they get light-headed or pass out. It can be serious if you already have breathing problems because of asthma, lung disease, chronic obstructive pulmonary disease (COPD), and other conditions.

### Fight or Flight Response

It's a set of symptoms you get when you react to something scary. Your fright triggers the release of certain hormones that send signals through your brain, spinal cord, and nerves. Blood and fuel (glucose) floods to your arms and legs to prepare to meet the threat with one of two options: fight or run away. Your pulse and breathing speed up. You also might get sweaty and shaky.

## **Tense Muscles**

Your body gets ready to protect itself when you're anxious. If you're really startled, your muscles tense all at once. They usually relax once the stress passes, but if it happens a lot or if you feel worried all the time, your tight shoulder and neck muscles can lead to headaches, including migraines. Relaxation techniques like deep breathing and yoga may help.

## **High Blood Sugar**

Stress hormones can give you a burst of this instant fuel when you're scared or anxious. It's helpful if you need to run from danger or fight it. Normally your body gathers up and stores the extra sugar. But high or constant anxiety could keep your blood sugar too high for too long. This can lead to diabetes as well as heart disease, stroke, and kidney disease.

## **Sleep Problems**

Worry can keep you up at night. "Did I pay the power bill?" "Did I forget to feed the dog?" Poor sleep can ramp up anxiety even more, especially if you have to work the next day. A to-do list might lessen anxiety by breaking down problems to solve. And good sleep habits could help. Try to have regular sleep and wake times. Go to bed in a dark, cool bedroom. Also do a gradual slowdown at night to ease into bedtime.

## **Problems Fighting Off Germs**

Your body may not beat back infections so well when you worry. Even just thinking about something that made you angry or sad can lessen the response of your immune system -- the body's defense against germs -- in as little as 30 minutes. Anxiety that stretches over days, months, or years can take an even bigger toll on the immune system, making it harder for you to fight the flu, herpes, shingles, and other viruses.

## **Upset Stomach**

Stress and anxiety can make you feel like you have knots in your belly. Some people feel nauseated and even vomit. If this happens all the time, you can develop digestive problems like irritable bowel syndrome (IBS) or sores in your stomach lining called ulcers. Talk to your doctor if you have serious belly pain or vomit when you're anxious.

## **Bowel Problems**

Anxiety can make you constipated. Doctors aren't sure exactly why, but it may be that being anxious changes the way you use the muscles that control how you poop. It can also give you diarrhea because it changes the way your body absorbs certain nutrients. Your gut may be especially sensitive to stress if you already have IBS (irritable bowel syndrome) or another digestive issue. Your doctor might be able to help you manage anxiety triggers in your life.

## **Weight Gain**

Part of the problem is that anxiety can sometimes make you eat more. It also may lead you to seek foods with lots of fat and sugar, which have more calories. And these foods seem to "work" in the sense that they improve anxiety symptoms, which makes you crave them even more. Over time, too much anxiety can mess up your body's stress response and cause you to put on some unwanted pounds.

## **Men's Sexual Problems**

At first, stress can trigger your fight-or-flight system, which makes the hormone testosterone. That can make you feel more frisky. But another stress hormone, cortisol, can have the opposite effect. Over the long term, worry can actually decrease testosterone, change or lessen your sperm, and slow or stop your body's normal response when you want to have sex.

## **Women's Sexual Problems**

Worry can tire you out and distract you, so you're less interested in sex. The cortisol stress hormone may also lessen desire. High levels of stress can affect your cycle. It can cause missed or uneven periods or make them longer or more painful. It may worsen cramping, bloating, and mood swings in the week before your period, sometimes called premenstrual syndrome (PMS). Anxiety can also make it harder to get pregnant.

**If you are experiencing long term stress symptoms and/or anxiety attacks, consult your doctor.**

Stay safe. Stay healthy and stay in communication with others.

**Ken and Mary Hulet, Parish Nurses**

## **TIDINGS**

*Published monthly by*  
**St. Bede Episcopal Church**  
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[www.stbedeschurch.org](http://www.stbedeschurch.org)

**Joseph Hickey-Tiernan –**  
**Priest in Charge**  
[bedesvicar@gmail.com](mailto:bedesvicar@gmail.com)

## **Services:**

*Times of our Sunday and Wednesday Services may (or will) be reviewed when the Covid-19 restrictions are lifted.*

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



**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**